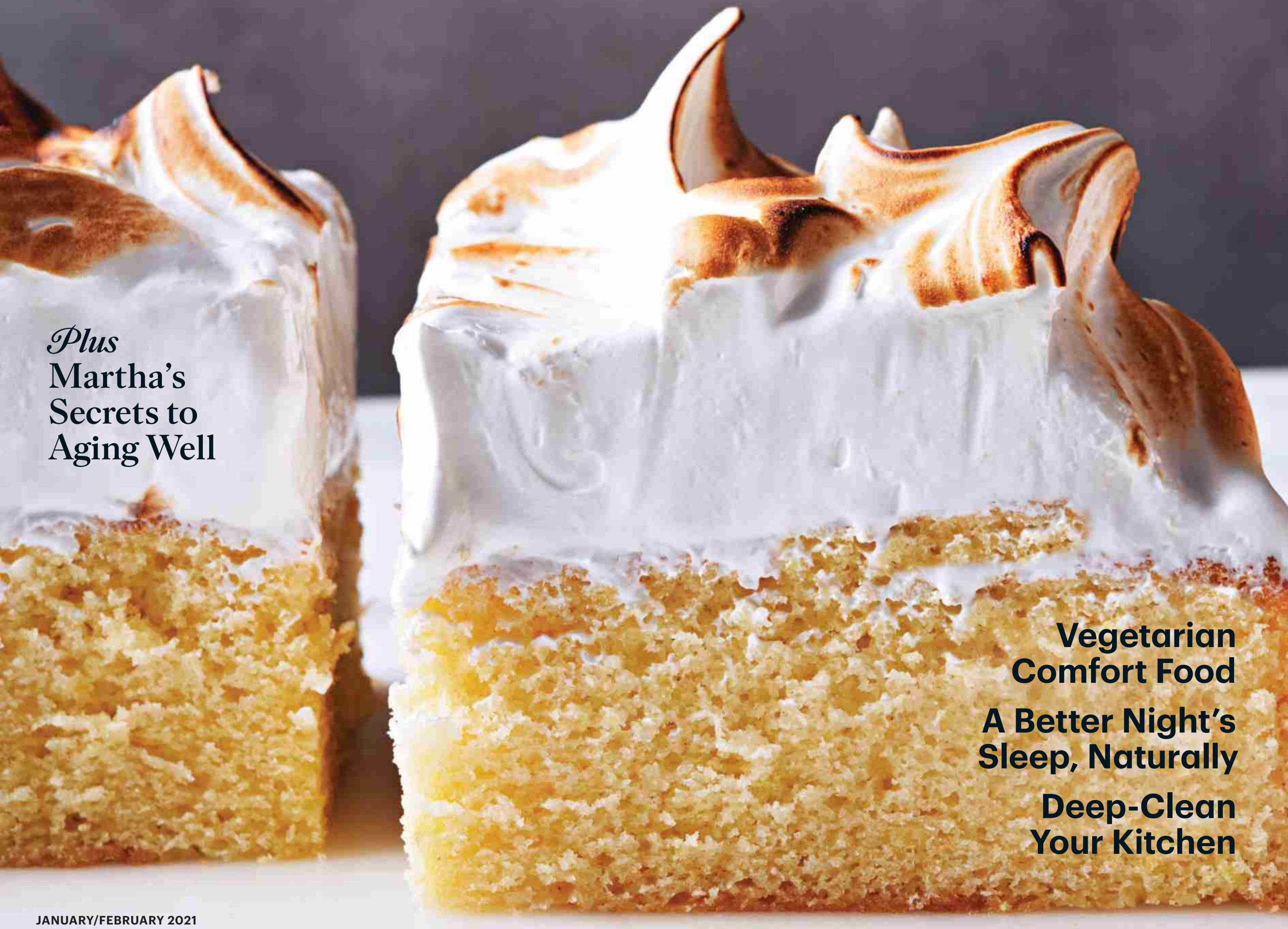
MARTHA STEWART

Living

LIFE IN FULL

FRESH MEALS, SWEET TREATS, INSPIRING IDEAS,
AND FINDING HEALTHY BALANCE



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Martha's Winter

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEAR'S DAY *Weight training*	2 Nature walk with Jude and Truman
3 Write thank-you cards	4 Friend Jean Pigozzi's birthday *Weight training*	5 *Martha Stewart's Very Good Things* hits bookstores	6 Put away holiday decorations	7 Organize basement *Cardio and core*	8 Order new books from local bookstore *Weight training*	9 Clean and refill bird feeders
10 Go horseback riding	11 Clean and organize kitchen pantry *Weight training*	12 Make soup; freeze leftovers *Yoga*	13 Harvest citrus from the greenhouse	14 Bake lemon-meringue slab cake (see page 79)	15 Draft plan for spring planting *Weight training*	16 Sister Kathy's birthday
17 Family dinner with Alexis, Jude, and Truman	18 MARTIN LUTHER KING JR. DAY *Weight training*	19 Groom cats *Yoga*	20 Start onions from seed	21 Schedule eye exam *Cardio and core*	22 Mulch ornamental beds with compost *Weight training*	23 Take long walk with dogs
24 Cross-country-ski (if snowy enough)	25 Prune apple trees *Weight training*	26 Decorate with blooming begonias *Yoga*	27 Survey property for damaged trees	28 Take drone photos of farm *Cardio and core*	29 Place seed orders *Weight training*	30 Go horseback riding
31 Brunch with Alexis, Jude, and Truman						

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make homemade dog food *Weight training*	2 GROUNDHOG DAY *Yoga*	3 Organize home office	4 Make stocks for soup *Cardio and core*	5 Feed orchids *Weight training*	6 Craft valentines with Jude and Truman
7 Watch Super Bowl LV	8 Mulch tree pits *Weight training*	9 Make winter Cobb salad (see page 66) *Yoga*	10 Organize photos for the Martha blog	11 Rotate mattresses *Cardio and core*	12 LUNAR NEW YEAR Friend Allyn Magrino's birthday	13 Bake and decorate cookies
14 VALENTINE'S DAY	15 PRESIDENTS' DAY *Weight training*	16 Organize seed packets *Yoga*	17 Morning walk with dogs	18 Sharpen and oil garden tools *Cardio and core*	19 Take photos of witch hazel in bloom *Weight training*	20 Go horseback riding
21 Make smoked-salmon flatbread with pickled beet (see recipe card)	22 Wash dogs' winter coats and sweaters *Weight training*	23 Prune holly shrubs *Yoga*	24 Donate clothes to charity	25 Pick vegetables in greenhouse for juice *Cardio and core*	26 Friend Jim Klinko's and gardener Ryan McCallister's birthdays	27 Brunch with Alexis, Jude, and Truman
28 Colleague Sarah Carey's birthday						

ILLUSTRATIONS BY JUDY GLASSER

All It Takes Is A Shake™

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RYAN LIEBE (DOUGHNUTS); CHRISTOPHER CHURCHILL (LIVING ROOM)

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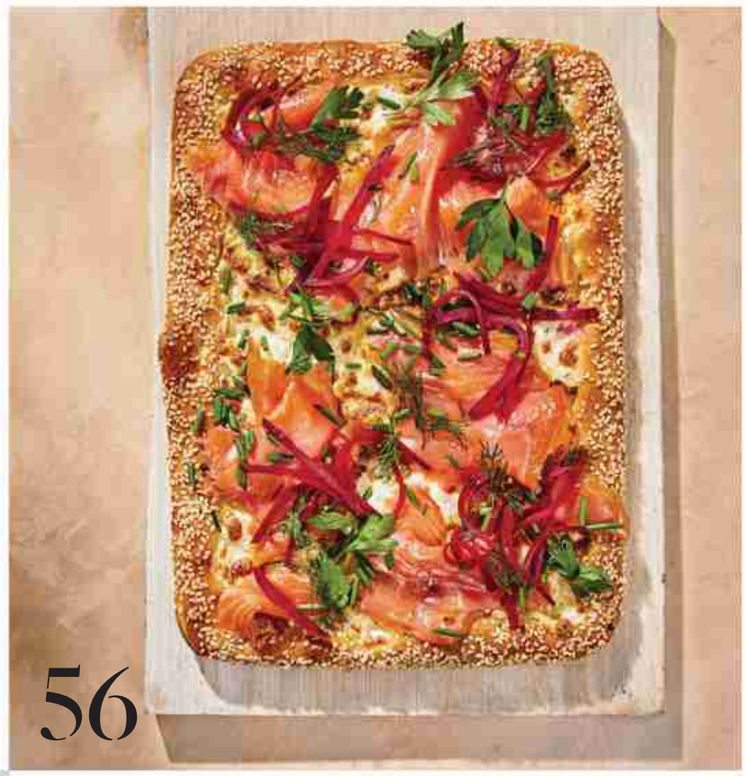

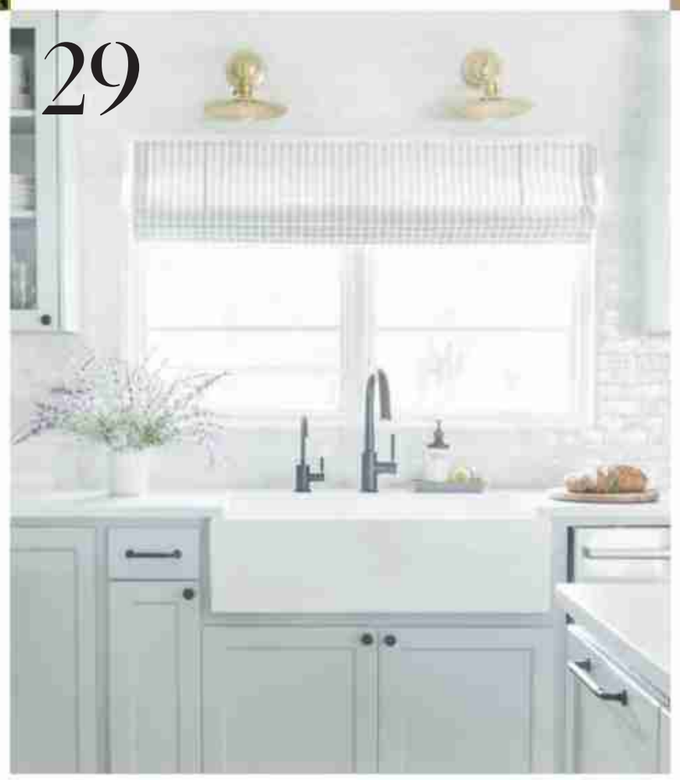

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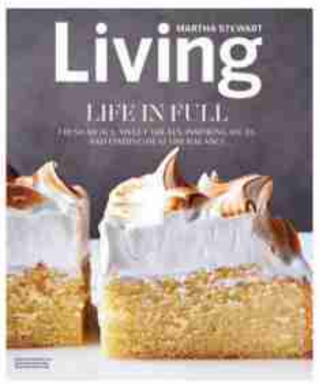

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| **ON THE COVER** |

PEAK SEASON
No need to swear off sweets in 2021; simply strike a balance with a worthy indulgence like this lemon-meringue slab cake (page 79). Photograph by Con Poulos. Styling by Steve Pearce. Recipe by Jessica Brooks.

RYAN LIEBE (DIORAMA); COURTESY OF MANUFACTURER (CLEANSING OIL); RYAN RAY/CC + EM INTERIORS (KITCHEN); JENNY HUANG (FLATBREAD)

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Life in Balance

NEW YEARS ARE USUALLY marked with resolutions (lose weight!) or refined goals (run a 10k—okay, maybe walk a 5k), and restrictions are put in place to try to achieve them (no carbs/sugar/alcohol/midnight doom-scrolling . . . you fill in that blank). But if we've learned anything from the challenging year behind us, or even the ones before it: Extremes can be a recipe for misery. So this year, my only resolve is to embrace balance. Working too hard? Ease up. Feeling a little doughy? Put on the sneaks. Really want that mouthwatering sweet? Simply enjoy it.

My grandmother was a master of moderation. She ate three "squares" a day, with her favorite fruits or vegetables at every meal. Her preferred mode of transportation was walking. Come Valentine's Day, she approached her favorite treat—See's chocolates—by savoring a piece a day, instead of decimating the box in a few sittings. Grammy also liked a perfectly chilled martini on occasion. She lived a long and happy life.

Rather than beginning the year with restrictions, this issue is about starting off on the right foot, and relishing all the good things. There are healthy recipes (cinnamon smoothie, anyone?) to offset the excess of the holidays. "Cozy Vegetarian" offers a win-win way to eat delicious meals sans so much meat (page 62). And there are amazing indulgences, too (exhibit A: our cover cake from "Fab Slabs"). I hope you find something to inspire your life for the better in these pages. Happy 2021!

Elizabeth Graves, Editor in Chief
Let's stay in touch!
Follow me on @ebgraves
Email me at *elizabeth@marthastewart.com*

For all subscription inquiries, call 800-999-6518.

| *LIVING* IN MY LIFE |
Here, just a handful of our ideas that I'm excited about this month.

1
We're all making the best of our time at home. I love these easy riffs on popcorn and our Golden Ticket drink for stellar movie nights. Page 24.

2
Martha's 98th book, *Very Good Things,* comes out this month. It's full of great ideas, like this one, that I'll put to use. Page 36.

3
French onion soup doesn't really travel well as takeout. But now I can make a winter favorite (and freeze some) at home. Page 50.

4
After a year of restless nights, I've already implemented the natural, drug-free strategies in "Dream Scenarios." They help. Page 43.

5
When I want a truly worth-it treat, I'll choose from several in "Fab Slabs." So simple, so delicious. Page 78.

RYAN LIEBE (POPCORN); DASHA WRIGHT (BOOTS); JENNY HUANG (SOUP); CHRISTOPHER BAKER (WOMAN); CON POULOS (CAKE)

PORTRAIT BY PERRY HAGOPIAN

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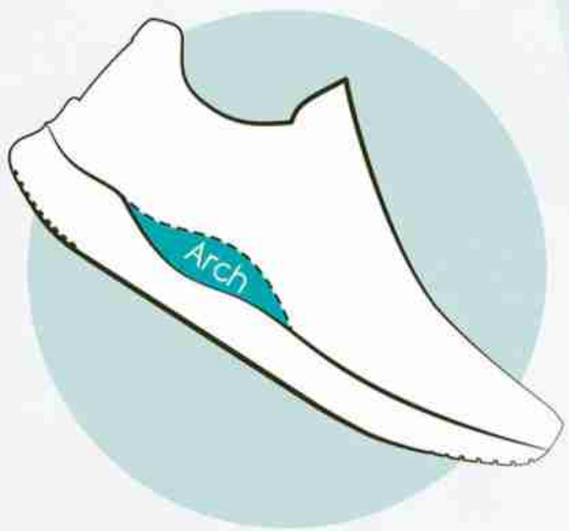

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BROOKE BURKE

Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO FILL YOUR WINTER WITH FUN

| ON THE ROAD |

SHAKE A LEG

Majestic in their crystalline coats, mountains and forests invite exploration this time of year—and snowshoes help provide an all-access pass. Strap on a pair at **Grand Teton National Park** in Wyoming (shown), where Teton Park Road, which wends along the base of soaring summits, is closed to cars and groomed. Here, three more places to pounce across powder.

BRYCE, UTAH

If there are 16 or more inches of packed snow, you can join a full-moon nighttime trek at Bryce Canyon National Park (gear provided) and see spire-like hoodoos in eerie silhouette. Day-of sign-ups start at 8 a.m. at the visitor center.

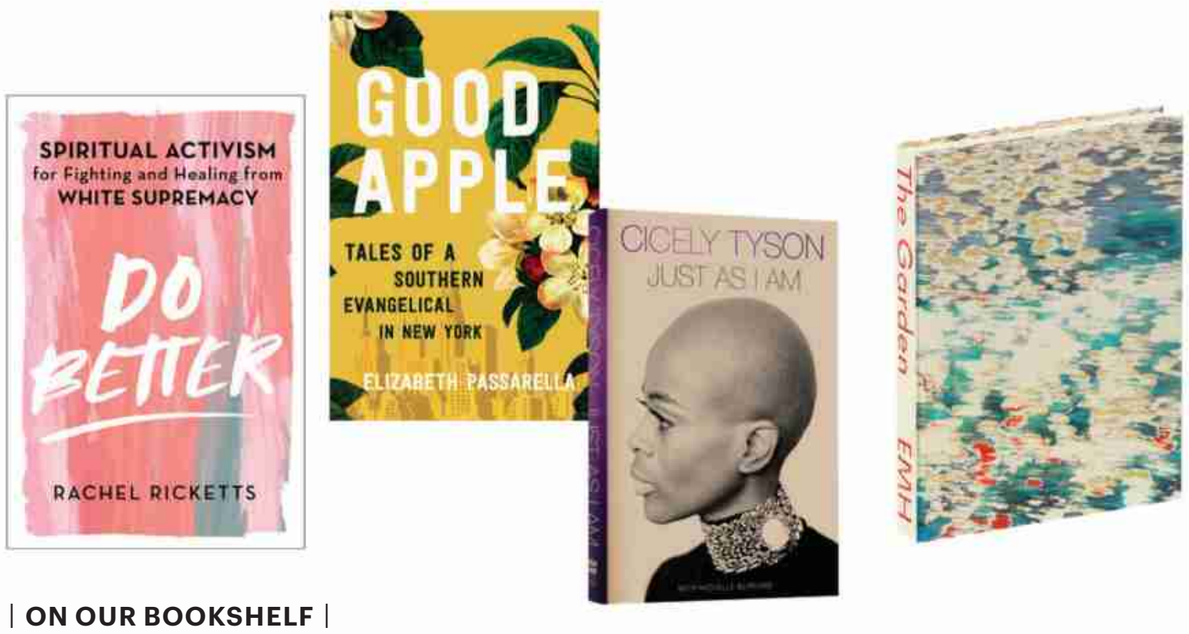
WOODFORD, VT.

The frequent flurries in Woodford State Park paint a winter-white backdrop for wildlife sightings. Hit the Woodford Trail (rent shoes and poles at nearby Woodford Mountain General Store), and look out for moose and deer.

BAYFIELD COUNTY, WISC.

In frigid temps, giant icicles hang dramatically from the caves lining the Apostle Islands National Lakeshore. Gape at them safely from the Lakeshore Trail, using equipment from Howl Adventure Center.

| ON OUR BOOKSHELF |



Meet a few new role models—and one icon. Racial-justice educator Rachel Ricketts's real-talk workshops teach that lasting social change starts with taking a good, hard look at yourself; ***Do Better*** (Atria) delivers her invaluable lessons to everyone. *Southern Living* columnist Elizabeth Passarella juggles two identities: liberal Manhattanite and Tennessee-born evangelical Christian. Her laugh-out-loud memoir, ***Good Apple*** (Thomas Nelson), reveals how she bridges the divide in moments of, well, less than grace, like the Thanksgiving she declared Jesus a Democrat. *Legend* only begins to describe Cicely Tyson, the 96-year-old actor who has commanded film and TV screens for six decades. Her memoir, ***Just As I Am*** (HarperCollins), recounts how she rose above racism, misogyny, and poverty to reign supreme. And photographer Erik Madigan Heck's ***The Garden*** (Damiani), a volume of mesmerizing, fairy-tale-like portraits of his wife and sons taken on their property during the pandemic, will inspire cooped-up creatives everywhere.

| ON OUR LIST |

Great Minds

In 1964, Muhammad Ali, Malcolm X, Jim Brown, and Sam Cooke convened in a hotel room after Ali won the world heavyweight championship. Regina King's directorial debut, *One Night in Miami*, is a fictionalized account of that electric evening. *Amazon Prime Video, from January 15.*

| WHY NOT? |

Live Long and Prosper

Ring in the Lunar New Year (of the Ox) with a lucky Chinese dish.

Phat Eatery
James Beard Award–winning cookbook author Grace Young loves this **Katy, Texas,** joint. Order yu sheng, a raw-fish salad you toss vigorously. The higher it goes, the better your fortune. ***phateatery.com***

—

Yank Sing
Round out a dim-sum feast at this **San Francisco** hot spot as David Lee, executive chef of Planta Restaurants, does—with sweet yellow-bean-filled sesame balls. Their shape symbolizes family unity. ***yanksing.com***

—

Ping's
A whole Peking duck portends a proper start and end to the year, says Young. Devour succulent slivers in delicate crêpes at an **NYC** institution. ***eatatpings.com***

—

Maketto
To channel wealth, chow on dumplings, which look like ancient Chinese ingots, says Danielle Chang, founder of Asian-cuisine event company Luckyrice. At this **Washington, D.C.,** locale, crystal lobster ones brim with richness. ***maketto1351.com***

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From MARTHA

TEACH AND INSPIRE

READY TO RIDE
Martha loves to see what's happening on the farm each day—checking in on her animals, spotting what's sprouted, and taking in the changing scenery. Here, she prepares to explore on horseback.

A Picture of Health

Martha is living proof that staying active and eating well are key to a strong mind and body. She shares the daily routines, from hitting the gym to heading outdoors on her farm, that keep her fit and full of energy.

PHOTOGRAPH BY FADIL BERISHA

EARTHLY DELIGHTS
Gardening is one of Martha's biggest passions. It provides her with a lot of the food she eats and is great exercise, too. Digging, planting, weeding, and watering burn calories, work muscles, and can offer heart benefits when done regularly.

"I have good relationships with my doctors. They encourage me to maintain a healthy weight and stick to my scheduled checkups, tests, and medications as needed."

—Martha

Good health, vibrant energy, clear thinking: That's what I strive for every day. And I always have. My parents taught me and my siblings positive habits early on, encouraging daily exercise (we walked and rode our bikes, instead of being driven), nutritious eating (no fast food), and proper hygiene for hair and skin. I passed these practices on to my daughter, who now does the same with my grandchildren. I love that Jude and Truman eat a vegetable-forward diet (with very little sugar) and are so active, with sports, swimming, and dance. What's more, they love it.

To feel my best no matter how busy I am, I exercise each morning. Before the pandemic, I worked with a yoga teacher and a trainer, but now I do it alone—and I admit it's been difficult. Getting up early to start the day in an empty gym is never fun. (I'm lucky to have one at home, equipped with weights and the latest machines.) But after a glass of green juice and a cappuccino, I find it's where I can get my mind in the right place for the day ahead.

Balanced eating is also essential. During this time at home, I've focused on growing food, gardening, and cooking delicious meals. I drink lots of water and avoid junk (I don't keep snacks in the house), and I've nearly stopped dining out—something I used to do almost every night. I've lost weight as a result, delighting my doctors.

But for me, doing the things that bring me happiness is most important for my long-term, overall wellness. I ride my horses weekly, even in cold weather. It's terrific exercise, and being outside is good for the spirit. To stay mentally sharp, I do the *New York Times* crossword puzzle on my iPad, play cards, and try to learn something new and challenging as often as I can. I encourage you to find healthy activities that you love, too—ones you can enjoy for years to come.

Martha's Favorite Green Juice

The combination of fruits and vegetables changes depending on what she has growing or on hand, whether it's a bunch of spinach, apples, pineapple, papaya, or fresh mint. Feel free to experiment with your own mix.

Using a juicer, press 1 **green pear** (such as Anjou), 2 **celery stalks with leaves,** 1 **Kirby or mini cucumber,** 1 bunch **parsley,** an unpeeled 1-inch piece of **fresh ginger,** and 2 **orange wedges** (rinds left on). Stir; serve immediately.

FRESH TIP
To maximize the nutrients, don't remove skins from the fruits and vegetables. Keep the produce in the refrigerator, and wash it carefully before juicing. Then drink the juice immediately, when it's nice and cold.

JOHN DOLAN (MARTHA); BRYAN GARDNER (GREEN JUICE)

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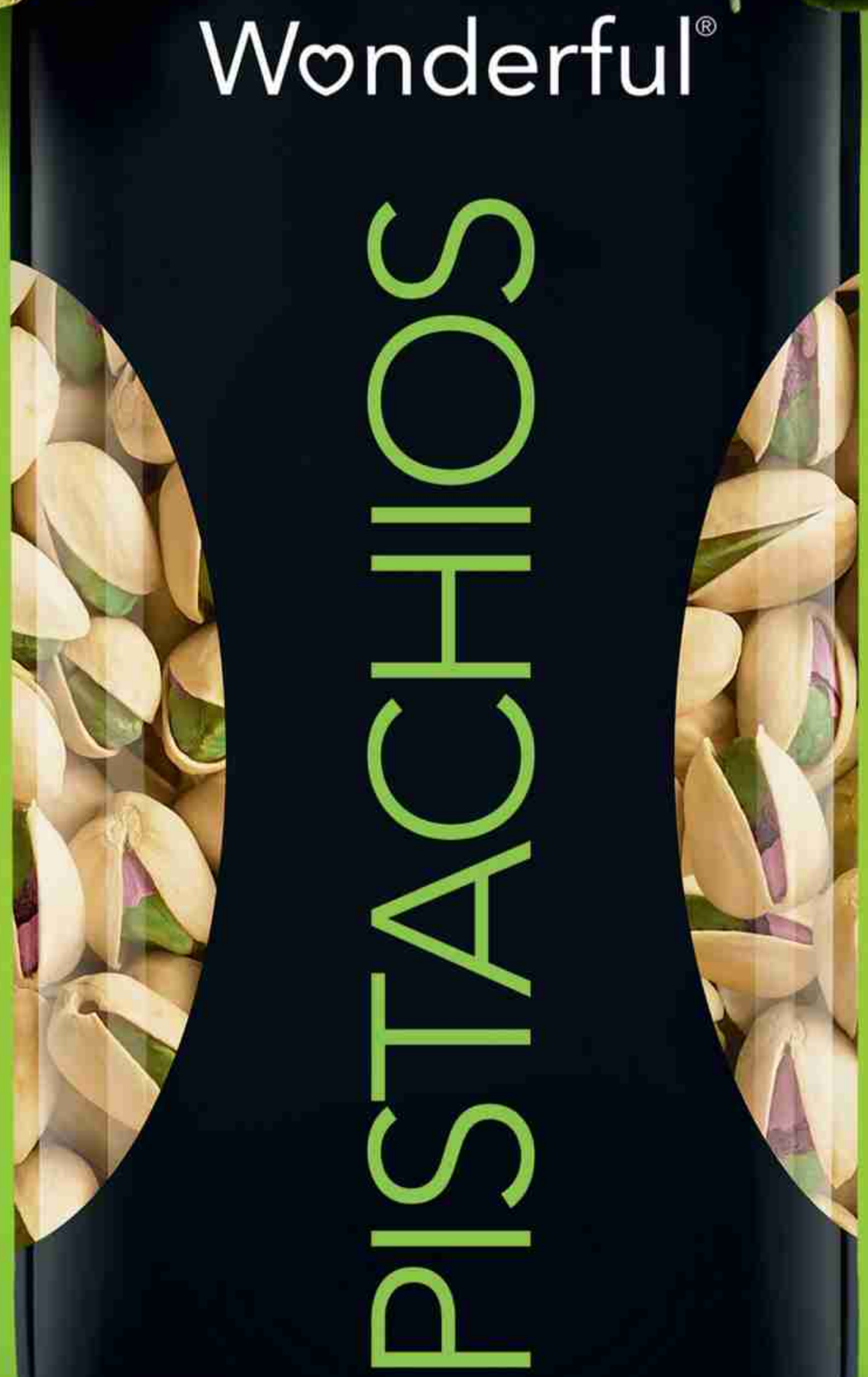

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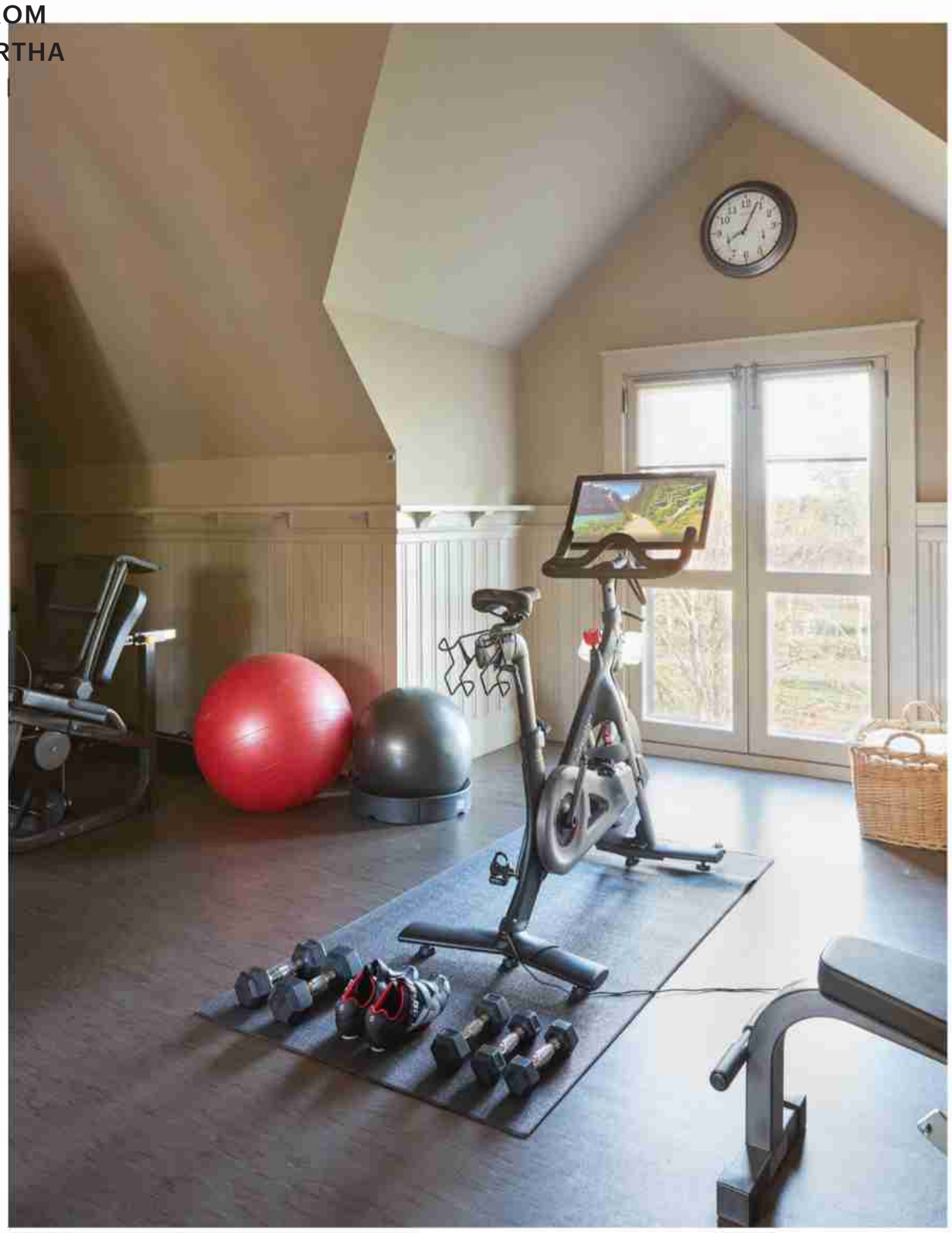
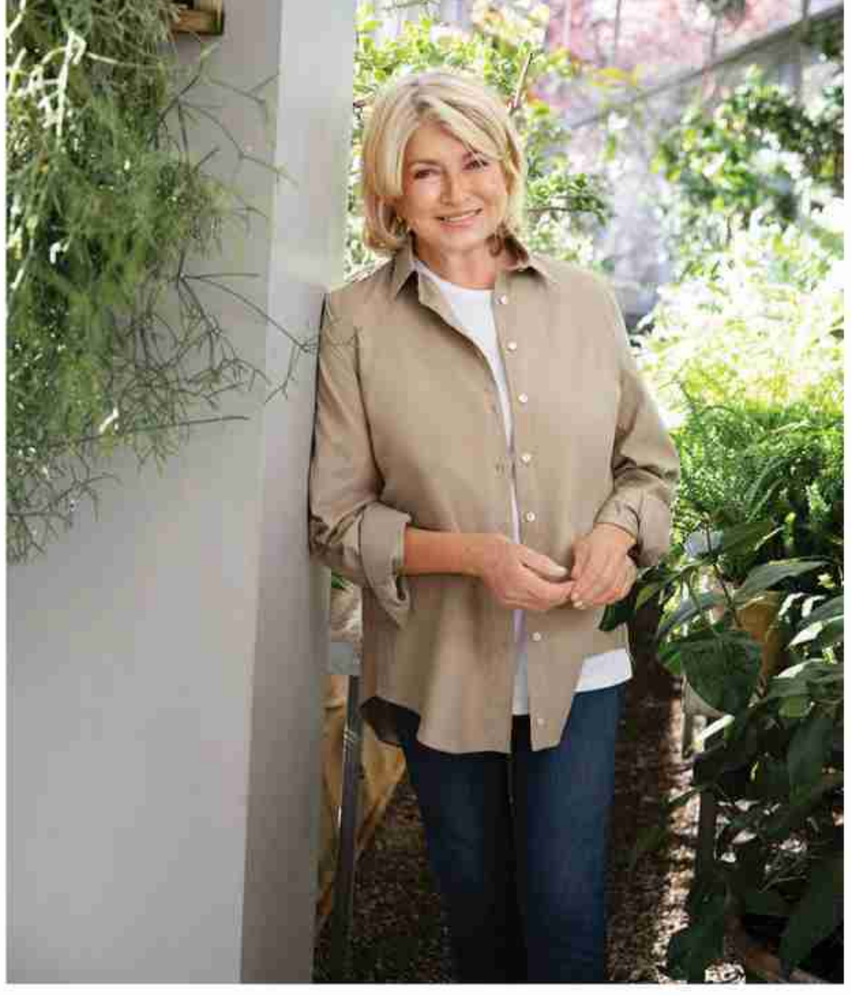


POWER HOUSE
Martha's gym is outfitted with hand weights and exercise balls, and equipment like a Peloton bike (shown, above), a Tonal system (a touchscreen digital weight apparatus), and a DB machine for her lower body.

"There are some mornings when I don't feel like exercising, but I do it anyway, and I'm so glad afterward. I always feel refreshed and energized."

—Martha



"A visit to the greenhouse lifts my spirits. Studies have shown that being around plants can help reduce stress and boost creativity."

—Martha

→

QUICK TIP
Martha washes greens thoroughly and dries them completely in a spinner. When making a salad, she uses about 1½ cups, or a generous handful, of lettuces per person.

Martha's Favorite Vinaigrette

This easy dressing is made with basic pantry ingredients. It's also delicious drizzled over dishes like rice pilaf, steamed green beans, and mains such as baked chicken or fish.

1. In a lidded jar with a tight-fitting lid, combine ¼ cup **unseasoned rice or white-wine vinegar,** 1 tablespoon **Dijon mustard,** ¼ teaspoon **kosher salt,** ⅛ teaspoon freshly ground **pepper,** a pinch of **sugar,** and ¾ cup **extra-virgin olive oil**.

2. Secure lid and shake vigorously until thickened. Refrigerate in lidded jar up to 3 days, and shake well before each use.

NGOC MINH NGO (GYM); CELESTE SLOMAN (MARTHA); BRYAN GARDNER (SALAD)

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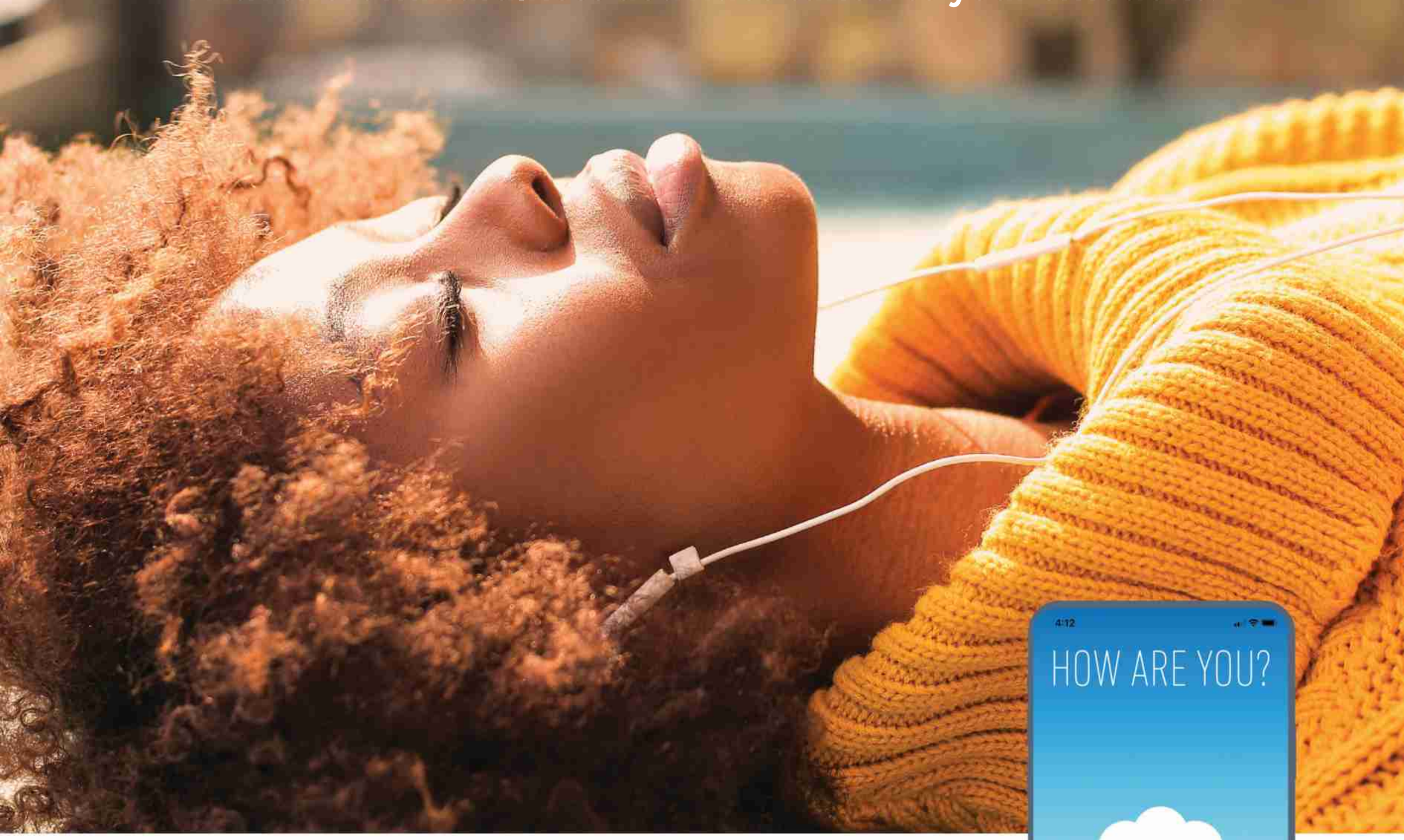

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Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

| CELEBRATE |

Opening Acts

Take Valentine's Day to a new dimension with paper-honeycomb pop-up cards that elicit real *awww*s. Just fold plain card stock in half, and glue on embellishments like cutout petals and pipe-cleaner stems. Then draw on extra details (like the eyelashes), pen a cheeky note, and adhere a honeycomb ball or fitting shape in the crease to complete your heart-swelling message. For sources, see page 102.

TEXT BY LISA BUTTERWORTH

PHOTOGRAPHS BY RYAN LIEBE

Give Them Chills

Kids love anything frozen (they've yet to let it go). So animate their V-Day breakfast with a frosty display of affection. Pour store-bought strawberry milk (or leftovers from a homemade strawberry smoothie) into heart-shaped ice molds, and freeze for at least four hours, or overnight. Pop the hearts out of the molds, and plunk them in glasses of milk. It's a berry-cute and easy way to sweeten their day.

THE DETAILS: Wilton Easy Flex 24-cavity silicone heart mold, *$11, target.com.*

Short Cuts

Love saves the day. But these quick truffles will save you a whole lot of time and rolling. It takes only a few minutes to whip up a batch of rich ganache from heavy cream and semisweet chocolate. Then, rather than scooping and shaping each one by hand, pour the mixture into a pan, chill it, and slice it into bite-size squares. Toss them in cocoa powder and box them up for a belly-warming treat your friends will adore.

THE DETAILS: Paper Mart flower-edge favor/candy boxes, *3", in Pink, $12 for 25; and* **bakers' twine,** *in Light Orange/White, $8 for 240 yd., papermart.com.*

NO-FUSS TRUFFLES

Line an 8-inch square baking pan with parchment, with overhang on two sides. In a saucepan, bring 1⅔ cups **heavy cream** and a pinch of **kosher salt** to a simmer. Pour over 1 pound chopped **semisweet chocolate** in a heatproof bowl; let stand 5 minutes. Stir until smooth. Pour into baking pan; refrigerate until set, at least 2 hours. Cut into 1-inch squares; toss in **cocoa powder.** Box up and refrigerate at least 15 minutes and up to 2 weeks.

JENNY HUANG (STRAWBERRY HEARTS)

HALF-PINT HEARTH
The makings of a mantel: two thread spools, a tongue depressor, and craft paint. Top it with birthday-candle tapers (stuck in wooden beads), and "light" a twig fire with an LED votive.

GRAZING BOARD
All species are welcome at this balsa-wood-and-spool table, set with a doll-size basket of "fruit" beads and flowers. Dinner guests will fawn over the bottle-cap-and-skewer pendant light and scrapbook-paper wall coverings.

CRITTER CONSERVATORY
A wooden-block chair with a cardboard back and a dollhouse music stand and violin are all a mouse needs to fiddle for his pals.

| FUN WITH KIDS |

Animal House

Get little ones started on a hibernation destination for their animal figurines, and they'll spend the whole winter in a world of their own making. They can forage for materials for this diorama around your place or in the recycling—shoeboxes for the structure, toilet-paper rolls for the chimney, scraps of wrapping paper for the wall coverings—and then let their imaginations run wild finessing the décor. Creature comforts never looked so cute. For the building basics and sources, see page 102.

THE GOLDEN TICKET

Pour 4 ounces **pineapple juice,** 1½ ounces **white rum** (optional), and 1 ounce each **cream of coconut** (such as Coco Lopez) and **fresh orange juice** into a cocktail shaker filled with **ice;** shake until cold, about 10 seconds. Divide between 2 lowball glasses filled with crushed ice, and top with **seltzer.** Garnish each with a **pineapple leaf** and serve.

| **SECRET SOURCE** |

OLD-TIME CANDY

A trip to the lobby concession stand is a big part of the box-office draw for us. We hope to be there again soon, but in the meantime, here's a stand-in to visit anytime: **OldTimeCandy.com,** a one-stop shop for all things sweet. Search by decade (enjoy fizzy '70s Zotz "rocket" candies with *Star Wars*) or theme (for *Breakfast at Tiffany's,* try 5th Avenue bars).

| **FUN AT HOME** |

Double Feature

Serve A-list snacks, and your next movie night (or game day) will win rave reviews. We offer two deliciously different takes on popcorn: classic butter and maple-cayenne kettle corn. You just need a medium stockpot with a lid to get popping. (See page 96 for the simple recipes.) Wash them down with our blockbuster beverage: the Golden Ticket, a tiki-inspired all-ages thirst quencher. Shake up a batch from pineapple and orange juices and cream of coconut—add white rum for mature audiences only—then top them off with a splash of seltzer for a marquee evening.

JENNY HUANG (CANDY BOXES)

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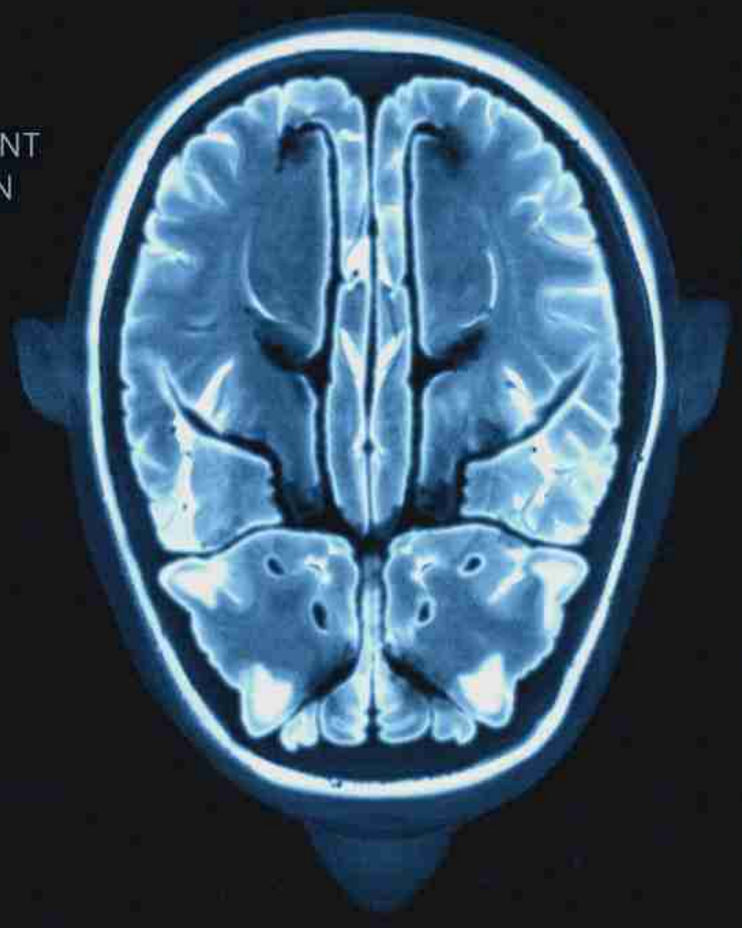
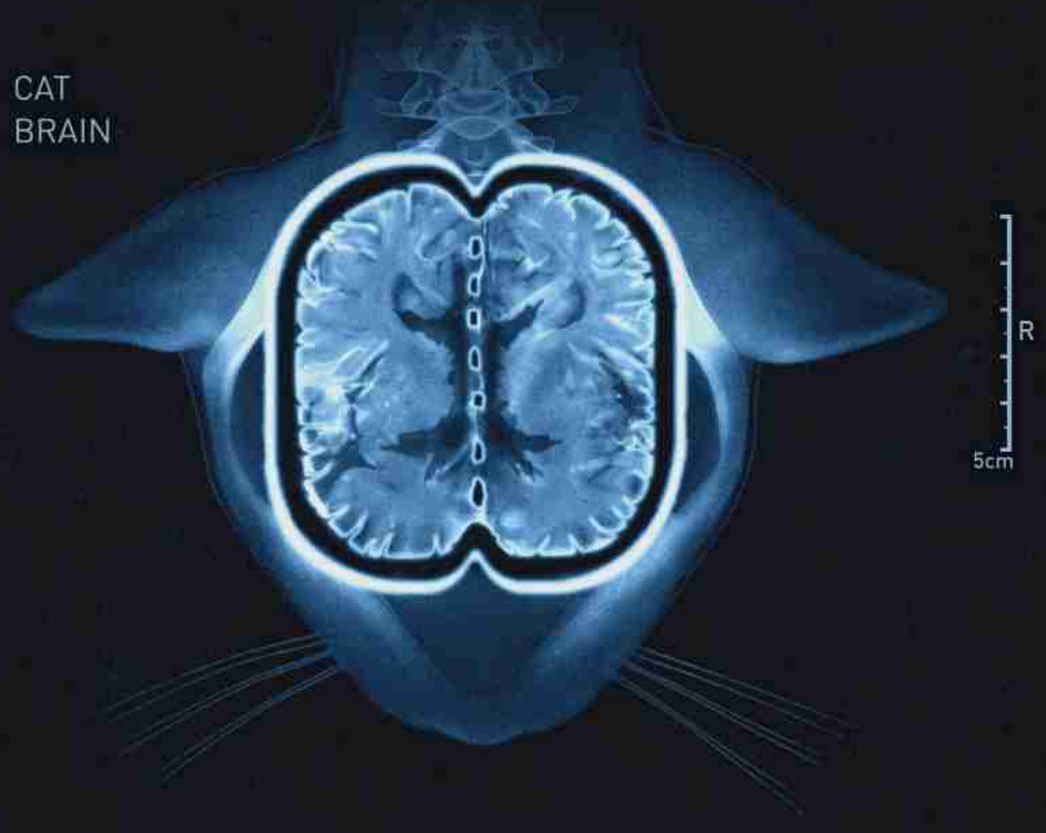
CAT
PARENT
BRAIN



CAT
BRAIN



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| RESCUE & REVAMP |

Hot Seat

Living home editor Lorna Aragon knew that if this old chair she found at an auction was painted glossy black and reupholstered in a bold print, it would go from dowdy to chic. Here's her quickie makeover—note: a yard of fabric can do several seats and backs.

BEFORE

1. STRIP IT

With an upholstery staple remover, carefully pull off the existing piping and fabric. Use them as templates to cut out new pieces, adding 2 inches all around. Our fabric is vintage; to get the look, try **St. Frank Classic mudcloth fabric,** in Ecru ($120 a yd., *stfrank.com*).

2. REFURBISH IT

Sand the wooden frame, then paint and let dry overnight. We used **Benjamin Moore Advance semigloss paint,** in Black Satin. Repeat to add a second coat.

3. RE-COVER IT

Using a staple gun, secure the new fabric over the padding around the edge, stapling it down every ¼ inch. Trim excess fabric. Fill the stapler with brads, and fasten the trim around the edge every ½ inch to hide the staples.

TWO MORE FABRIC IDEAS: Calico Inma fabric, *in Ink (left), $33 a yd., calicocorners.com.* **Schumacher Brimfield fabric,** *in Cinder, $106 a yd., decoratorsbest.com.*

DANE TASHIMA (CHAIR BEFORE AND AFTER); COURTESY OF MANUFACTURERS (FABRIC SWATCHES)

Romance by the spoonful.

Fall in love with the deliciously rich texture of Oui French Style Yogurt.

Tastes like 5 oz. of France

INSPIRED BY OUR AUTHENTIC FRENCH RECIPE

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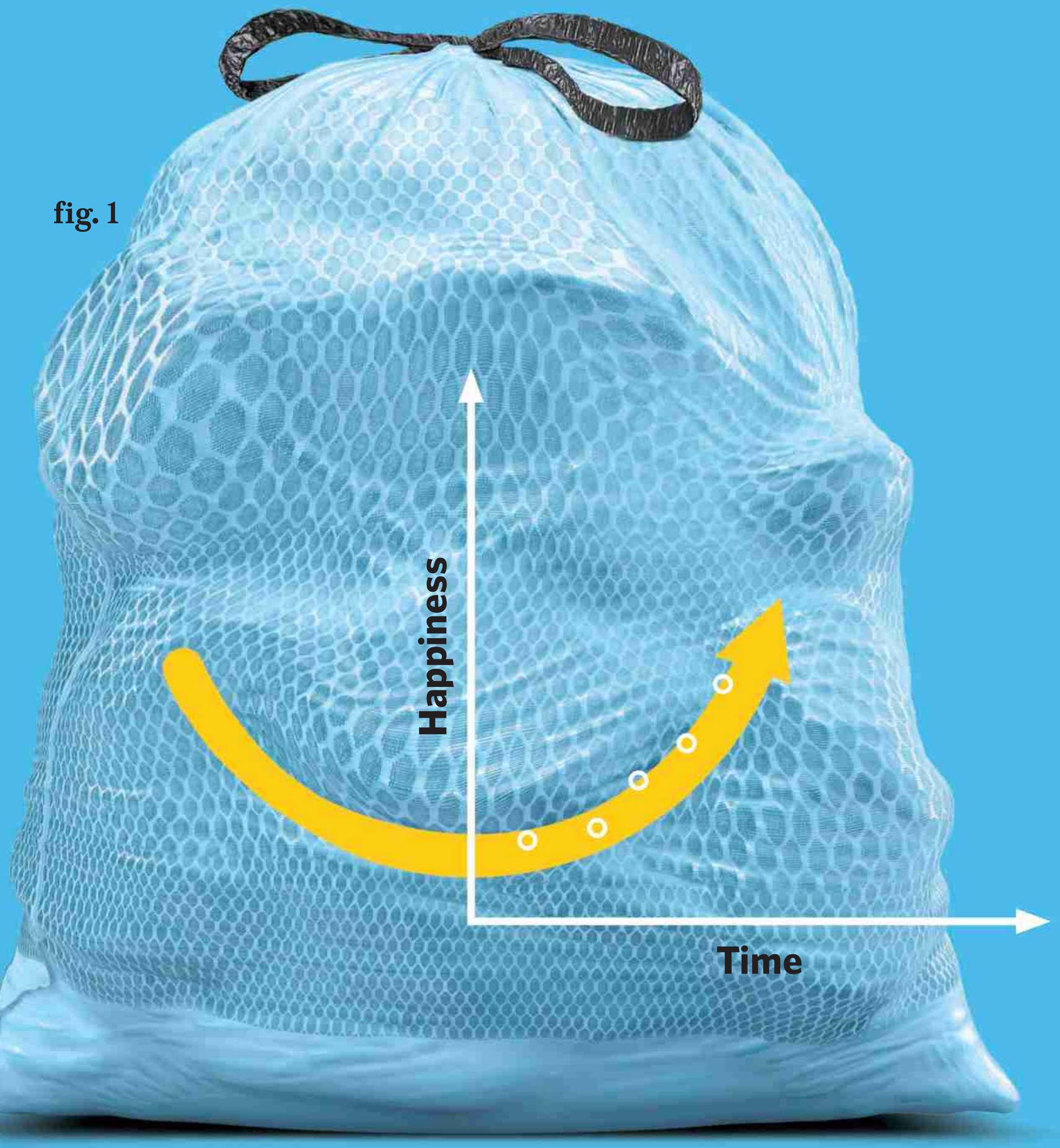
The first trash bag worthy of a smile.

Glad Beachside Breeze

fig. 1



The Happiest Trash Bag
With bright colors and scents, plus dual-layer strength, it's sure to put your trash in a better mood.

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A SPARKLING SINK
Your hand- and dish-washing HQ is—brace yourself—one of your home's dirtiest spots. To sanitize it, spritz on a mix of 1 ounce bleach, ½ quart water, and 1 teaspoon dish soap. Wait 5 minutes, then scrub with a large brush. Detail the faucet and drain seam with a toothbrush, and flush with hot water.

| THE WELL-KEPT HOME |

Hitting Refresh

Our kitchens have been working overtime. After months of creating more home-cooked meals (than ever), and the marathon of food preparation that is the holidays, it's time to wipe the slate clean. Give your family's hub this expert detailing twice a year to get it looking, smelling, and running like new.

TEXT BY KATE ROCKWOOD

RYAN RAY/CC + EM INTERIORS

Tackle the Refrigerator

THE DIRTY TRUTH Sure, you wipe up spills. But if you haven't done more than that in six months or so, it's time to roll up your sleeves. Per a 2019 American Cleaning Institute survey, 41 percent of us don't even remember the last time we really sanitized this space. And while it's satisfying, the goal isn't just Instagram-worthy organization—this is for your health. The standard temp inside a fridge (about 40 degrees) makes it hospitable to germs and fungal mold, says New York University microbiologist Philip Tierno, PhD.

THE DEEP CLEAN Pet hair, dust tumbleweeds, and stray green beans can accumulate underneath and behind this appliance, covering the condenser coils that cool its motor and help it run efficiently. So unplug it, or hit the switch for its outlet on your home's electrical panel, and vacuum them with the brush attachment. They may be located on the front or back, or underneath, depending on your model; you may need to shimmy it away from the wall for access. (It's not such an ordeal, we promise, and the efficiency and lifespan payoffs for your fridge are major.) Then turn it back on and take everything out—from your freezer, too. Stash keepers in coolers; toss anything expired, and recycle the containers. Slide out any removable shelves and drawers, and soak them in hot, soapy water in the sink (or a tub, if they're big). Meanwhile, spray the interior and top with a mix of 1 cup each water and distilled white vinegar, plus 1 teaspoon of dish soap. If you see any stuck-on food bits or discoloration, sprinkle on baking soda. Then scrub the whole shebang. Clean My Space founder Melissa Maker uses **Scotch-Brite Advanced Scrub Dots non-scratch scrubbers** ($4 for 2, *amazon.com*); their unique pointy shape wiggles into tight corners. Run a damp cloth over all surfaces, then dry and replace the shelves and food, wiping bottles as you go.

Scour the Stove

THE DIRTY TRUTH Sauce and grease splatters don't just look messy; they can harbor germs and draw bugs if allowed to set.

THE DEEP CLEAN Use the right method for your model. Glass stove tops can get scratched, so grab a special sponge, like the pad in **Affresh's cooktop cleaning kit** ($9, *amazon.com*); it has a textured surface that works vigorously but gently. For gas stove tops and burner grates, borrow Chicago chef Paul Kahan's recipe: 1 cup white vinegar, 1 tablespoon castile soap, and 2 cups water. "A scouring pad soaked with this stuff makes grates look terrific," he says. Next, pop off the knobs and the vent-hood screen up top, and let them soak in hot, soapy water. "They collect so much grease and dust," says Tennessee chef Mee McCormick. "That extra little bit makes a big difference in how clean your kitchen is." If soap doesn't cut it, grab your dedicated cleaning toothbrush (every pro's secret weapon) and get in there with a paste of baking soda and water.

Overhaul the Oven

THE DIRTY TRUTH This hardworking holiday appliance needs your attention when it smokes or smells funny while preheating.

THE DEEP CLEAN Pull out the racks and, depending on their size, either put them in the dishwasher; soak them in the sink in hot water and a few regular dishwasher-detergent tablets for two hours, turning as needed; or stick the racks and tablets in the tub (line it with an old towel first, to avoid scratching the glaze). "The tablets are powerful degreasers, and they'll cut through cooked-on crud so you don't have to use elbow grease," says GoClean Co's Sarah McAllister. Meanwhile, spray the interior with a solution of 2 cups water and 2 tablespoons dish soap, let stand for 5 minutes, then swipe with a wet pumice stone, says Maker, who assures that the combo of abrasion and degreasing is plenty strong—no toxic cleaner or self-cleaning setting necessary. There are big pumice stones for jobs like this; Maker likes the **Pumie Scouring Stick** ($10 for 3, *amazon.com*). Hit the inside of the door with cleaning pro Donna Smallin Kuper's fave tool: a damp **Brillo pad** ($2 for 10, *walmart.com*). Vacuum any crumbs out of the warming drawer, and replace the dry racks and knobs.

REFRESH YOUR FLOOR

Wood, tile, vinyl—they all have different needs. For our complete guide, hover your smartphone camera here, or go to *marthastewart.com/floorcleaning*.

| MAINTENANCE TIP |

KEEP A CLEANER OVEN

To protect the bottom from food drips, stick a baking sheet on the lowest rack before you slide in your next lasagna or pie, suggests Brian Sansoni of the American Cleaning Institute. That way, you can just wash the sheet afterward, versus cleaning the whole oven. (To get that baking sheet spick-and-span, see chef Sharone Hakman's technique, opposite.)

| MAINTENANCE TIP |

SEQUESTER SPILLS

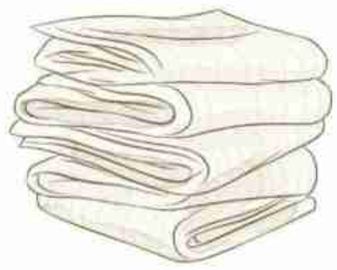
To prevent items like meat or berries from leaking onto clean surfaces in your fridge, place a shelf liner or enamel butcher tray underneath, and wash them as needed, suggests Sansoni.

ILLUSTRATIONS BY STEPHANIE SINGLETON

| MAINTENANCE TIP |

SPOT-CLEAN SURFACES

Martha keeps her counters pristine by wiping them down with white cotton-terry bar towels in lieu of paper towels—they're bleachable and look neutral in any space. Since they need to be laundered after a few uses, she keeps plenty in rotation. *$20 for 4, williams-sonoma.com*.



Degunk the Dishwasher

THE DIRTY TRUTH Food, grease, water minerals, and undissolved detergent can build up on the interior and in the filter at the bottom, knocking its performance.

THE DEEP CLEAN Unscrew the filter, rinse it with hot water, scrub it with a trusty cleaning toothbrush (just rinse this tool between uses), and screw it back on. Then pop off the spray arm—or arms; your machine may have more than one. Rinse them in warm water, pry out any buildup in the holes with a toothpick, and replace. Wipe the door gasket and exterior with a damp cloth, then insert a deep-cleaning pod, like **Cascade dishwasher cleaner** ($13, *amazon.com*), and let it do its thing. These have powerful surfactants that dissolve grimy or smelly residue effortlessly.

Conquer the Cabinets

THE DIRTY TRUTH When the light hits a certain way, drips and fingerprints can appear out of nowhere. Dust bunnies adore any exposed tops, and millwork—like the grooved fronts of Shaker cabinets—is an extra-sticky area.

THE DEEP CLEAN Unscrew the pulls and knobs, and wash them in hot, soapy water. While they're off, grab a cleaning toothbrush, suds it up, and tackle the door's nooks and crannies. Then wipe the entire surface with a cloth dampened in hot, soapy water. Follow with a damp cloth, and dry with a microfiber one. If grime persists, spritz on an enzyme cleaner, like **Bio-Kleen all-purpose spray** ($10, *biokleenhome.com*), and let it sit for five minutes before wiping it off. When the hardware is dry, replace it. Then empty the drawers and use your vacuum's brush attachment or a lint roller to nab crumbs. (To hit corners, roll a lint-roller sheet around a butter knife, says Maker.) Wipe down if needed, and refill.

Get Counters Gleaming

THE DIRTY TRUTH We're guessing you don't detail the caulk line where the countertop and backsplash meet very often—or always excavate under the toaster, mixer, and coffee maker, for that matter.

THE DEEP CLEAN For glorious grout, apply a paste of ¼ cup hydrogen peroxide and ½ cup baking soda, then scrub gently and wipe well. Countertops require a little recon: Although some of us wield a multipurpose cleaner with abandon, the wrong formula can damage or discolor some materials. A spray bottle filled with hot water and a squirt of dish soap is a universally safe bet. When you want to disinfect, check a formula's label first to ensure it's okay for your surface. Most multipurpose sprays are fine for laminate, quartz, and soapstone. Otherwise, a mix of one part isopropyl alcohol to three parts water works great on concrete and granite, and half a lemon and salt work wonders for wood. Marble calls for a specialized product, such as **Miracle Sealants tile and stone cleaner** ($9, *homedepot.com*).

Polish Pots & Pans

THE DIRTY TRUTH Daily washing doesn't nix tarnish or blackened, cooked-on food.

THE DEEP CLEAN Let the material be your guide. For copper, Chicago chef Bill Kim mixes a paste of equal parts lemon juice and salt; it dissolves tarnish almost instantly. For stainless steel, Planta chef David Lee lets heat do the work: Fill a pot with water and a squirt of dish soap, boil for 5 to 10 minutes to get rid of scorch marks and hard-water stains, then wash as usual. Phoenix chef Christopher Gross uses a similar strategy for any burnt pot: "Fill it with water and a teaspoon of baking soda, and simmer for a half hour." It works like magic. When a baking sheet has seen better days, take a cue from chef Sharone Hakman: Let it sit in equal parts baking soda and hydrogen peroxide for four hours. It'll shine like new.

OUR EXPERTS

Christopher Gross, chef/owner, Christopher's & Crush Lounge, Phoenix. **Sharone Hakman,** chef and *MasterChef* competitor. **Paul Kahan,** partner/executive chef, One Off Hospitality, Chicago. **Bill Kim,** chef, Urbanbelly, Chicago. **Donna Smallin Kuper,** founder of Unclutter.com. **David Lee,** chef/founder, Planta. **Melissa Maker,** founder, Clean My Space. **Sarah McAllister,** CEO/founder, GoClean Co. **Mee McCormick,** chef, Pinewood Kitchen & Mercantile, Nunnelly, Tennessee. **Brian Sansoni,** senior vice president of communication, outreach, and membership, American Cleaning Institute. **Philip Tierno, PhD,** clinical professor of microbiology, New York University.

WIN $25K

To get help with a kitchen refresh, visit *marthastewart.com/25kRefresh* and enter to win $25,000. For details, see page 102.

KRISTEN BELL
Actress and volunteer advocate for Recycle Across America

ENOUGH.

Did you know:
48,000,000 pounds of waste enters oceans each day,* and recent reports indicate that number may have increased by 27% since recycling started to collapse.**

LET'S **FIX IT.**

Text **FIX IT** to **40649**
to ask your elected officials to be part of *the* most proven and effective solution to fix recycling.

The nonprofit organization, Recycle Across America created the first and only standardized labels for recycling bins. This simple solution is referred to as **"one of the most important environmental fixes taking root today"** by the New York Times; is listed as **"one of the top ten solutions to reverse climate change"** by Real Leaders; and is deemed **"a world-changing solution"** by Ashoka.

To learn more about this solution and how to reduce waste and recycle right, visit
www.RecycleAcrossAmerica.org

recycle across america®
let's recycle right!®

*World Watch Institute **Reuters Oct 2019
Message and data rates may apply. Text STOP to cancel or HELP for help.
Go to recycleacrossamerica.org/privacy-policy for privacy and terms.

MARTHA STEWART
American Made

Message in a Bottle

UNCLE NEAREST PREMIUM WHISKEY, *Shelbyville, Tennessee*

In 2016, a hidden truth about Jack Daniel's whiskey bubbled to the surface: A slave, Nathan "Nearest" Green, taught young Jack the liquor-making technique that would make him a legend. When best-selling author Fawn Weaver read the news, she was thirsty for more. She scoured historical records, dove into Daniel's biography, and spoke with Green's descendants, unearthing "a striking relationship of equality between the two," she says, "a story of love." To honor Green and create a spirit in his style, Weaver founded Uncle Nearest, and hired several of his family members, including great-great-granddaughter Victoria Eady Butler. She would become the company's master blender—the first African-American woman to hold the title at a major U.S. distillery. "Our whiskey goes into oak barrels at a lower proof, which means we can add much less water at the end," says Weaver, explaining its rich, hint-of-caramel flavor. A signature triple-filtration—through sugar-maple charcoal, then carbon from coconut shells and diatomaceous earth—also makes it "the smoothest whiskey in Tennessee." Critics agree: It won more awards than any other in the country last year. We'll drink to that! —*Erica Sloan*

To make the 1884 Small Batch Whiskey (shown), master blender Victoria Eady Butler personally sniffs, samples, and selects the whiskeys to mix from different barrels. The result: "It tastes like a baked oatmeal cookie, but with slightly spicy, savory undertones," she says. Our food editors enjoy it neat, or swirled into a whiskey sour. ***$49 for 750 ml, unclenearest.com.***

FOOD STYLING BY RILEY WOFFORD; PROP STYLING BY NAOMI DEMAÑANA

PHOTOGRAPH BY RYAN LIEBE

1

Elevate an Entryway

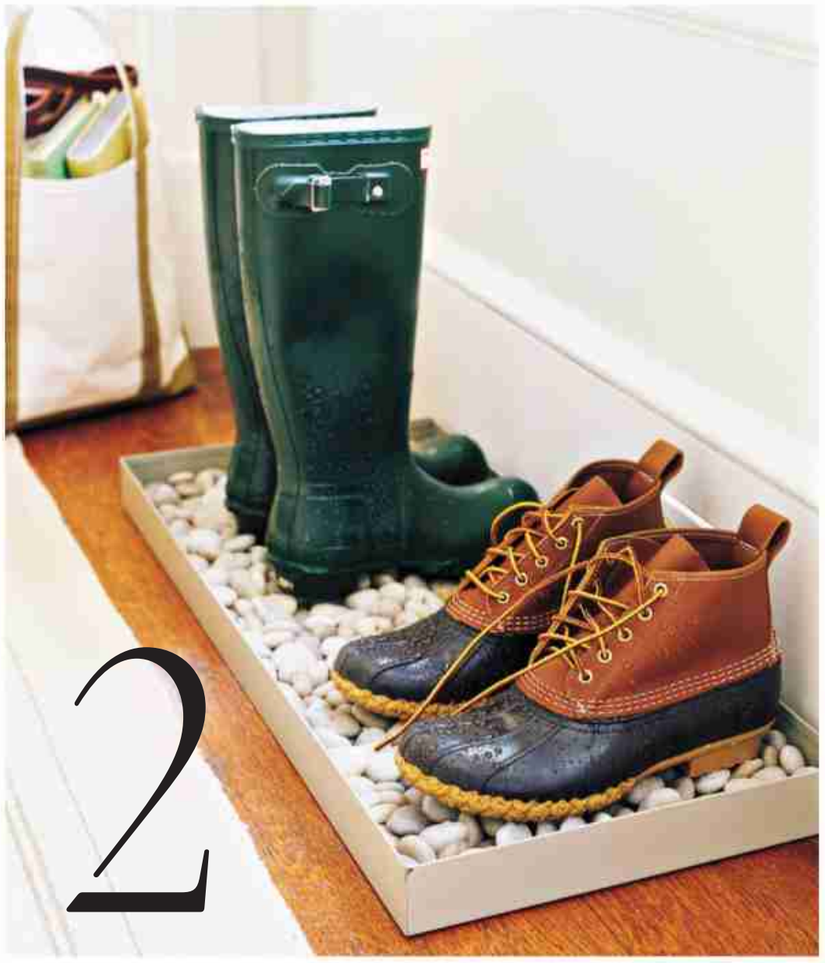
To improve your foyer's form and function, give it some eye-catching organization. Simply paint these oversize wooden hooks to play up the space's colors, then mount them at a variety of heights, so everyone in the family can reach.

THE DETAILS: Muuto Dots Wood coat hooks, *$149 for 5, finnishdesignshop.com.* **Tempaper Pomegranate removable wallpaper,** *in Sand, $12 a sq. ft., tempaper.com.*

All Good Things

When we discover a solution that makes cooking, cleaning, or homekeeping easier *and* more beautiful, Martha always wants to share it. Her new book, *Martha Stewart's Very Good Things*, packs three decades of hits into one multiplatinum volume. Here's an *aha!*-filled sampling of the more than 500 brilliant ideas you'll find in its pages.

TEXT AND PHOTOGRAPHS FROM *MARTHA STEWART'S VERY GOOD THINGS*. © 2021 BY MARTHA STEWART LIVING OMNIMEDIA, INC. USED BY PERMISSION OF HOUGHTON MIFFLIN HARCOURT. ALL RIGHTS RESERVED. PHOTOGRAPH AT LEFT BY RYAN LIEBE.



2

Rock Out in Your Mudroom

Putting a boot tray by the door is one way to enforce your “no shoes in the house” policy. But to kick it up a style notch, fill it with pretty yet practical pebbles or stones from a garden center. They’ll act as a drain, allowing rain, sleet, or snow to seep to the bottom while boots and other footwear dry on top. Most of the moisture will evaporate, but to keep it clean and mildew-free, dump out the rocks and rinse everything as needed.

3

Deliver the Dough

One of the trickiest parts of making a pie is transferring the prepped base from your work surface to the dish. To avoid a sticky situation, roll it around the pin, from one edge to the other, then gently lift and unroll it over the dish. Pat the round into place, then trim the excess as needed for your recipe, and fold the ends under.

4

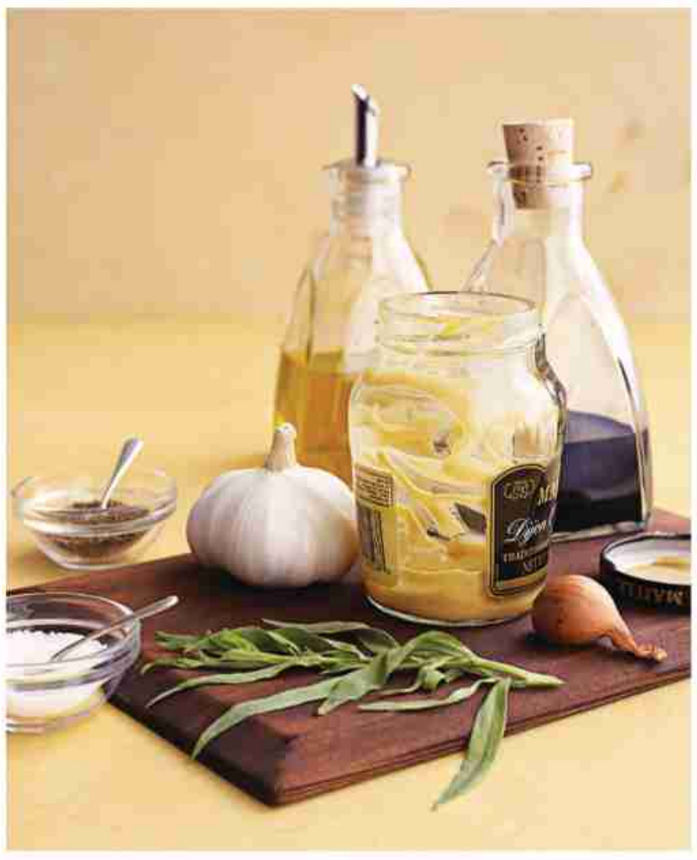
Go Mellow With Garlic

This allium is delicious with sautéed leafy greens like Swiss chard, kale, and spinach. But when you mince or chop it, you risk overpowering, rather than enhancing, the final dish. (It can also burn quickly and turn bitter.) For more subtle flavor, spear a large peeled clove with a fork and use it to stir the greens as you cook. You can even save the clove to use again: Just cover it in plastic wrap, put it in an airtight container (the double layer helps contain the odor), and refrigerate for up to two days.

5

Skim Ginger

The best tool for peeling the fresh root is a regular metal spoon. Unlike a paring knife or vegetable peeler, it removes only the thin skin and wastes none of the edible part. Take a piece in one hand and hold the spoon in the other, with the concave side facing toward you. Scrape the surface in short motions, pushing away from you, until you have the amount you need. Cut off and refrigerate the unpeeled portion in a resealable plastic bag with the air pressed out.



6

Bottle Your Own Salad Dressing

Rather than tossing that last bit of Dijon mustard in the jar, turn it into a tangy vinaigrette. Throw in a crushed garlic clove and/or minced shallot, plus chopped fresh herbs, like tarragon. Add a splash of balsamic or sherry vinegar, season with salt and pepper, screw on the lid, and shake to combine. Top with olive oil (use four parts oil to one part vinegar), shake again, and drizzle away.

7

Defy Drips

Here’s a genius way to keep a paint can clean: Stretch a large rubber band around it and across the opening, and wipe the brush on the band rather than the rim.

8

Accelerate Ice

When you need to chill wine or spirits fast, pack a bucket halfway with cubes, toss in a handful of coarse salt, and fill it two-thirds of the way with cold water. The salt lowers the water temperature. Add your bottles, and they’ll be ready to pour in about 10 minutes.

GET THE BOOK

To order a copy, hover your smartphone camera here, or go to *marthastewart.com/verygoodthings*.

DASHA WRIGHT (BOOT TRAY); CHRISTOPHER TESTANI (PIE DOUGH); JOHN GRUEN (SAUTÉED GREENS, PAINT CAN); LISA HUBBARD (GINGER); ELLEN MCDERMOTT (SALAD DRESSING); BRYAN GARDNER (WINE); RYAN LIEBE (BOOK COVER)

| BEAUTY SCHOOL |

COME CLEAN

The daily act of washing your face may seem mundane, but it's actually the foundation of healthy, glowing skin. Learn the best way to do it, and find a formula that's tailor-made for you.

TEXT BY CLAIRE SULLIVAN

ANNA EMILIA/PLAINPICTURE (HANDS); COURTESY OF MANUFACTURERS (OTHERS)

Master the Method

Beyond feeling refreshing, washing your face well is essential to a good complexion, because it removes the dirt, makeup, and pollutants that can lead to irritation, clogged pores, and breakouts. However, overdoing the task can strip skin of its protective natural oils, which may lead to a dry, sapped-out texture and even eczema, says New York City dermatologist Sapna Palep. Here's how to do the job thoroughly but not aggressively.

1 **Time It Right**
Cleanse twice daily: in the morning to remove excess oil, and at night to clear away grime and makeup, says Chicago dermatologist Carolyn Jacob. One caveat: If your face feels parched (low humidity at this time of year can exacerbate dryness), swap your morning wash for just a splash of water. To slough off dry spots and help smooth your skin, work a mild exfoliating cleanser into your routine a few times a week.

2 **Work It in and Rinse**
Start with clean hands, and dampen skin with lukewarm water; if it's too hot, it can draw moisture out of your skin and aggravate it, explains Providence, Rhode Island, dermatologist Tiffany Libby. Gently massage cleanser into skin in circles with your hands (or a washcloth, to help remove makeup). Focus on oily or acne-prone areas, like your forehead, nose, cheeks, and chin, and go easy on the delicate area around the eyes. Splash with water to rinse well.

3 **Lock in Benefits**
Lightly pat skin with a dry, soft washcloth so it's still dewy. "Your pores are most receptive now, so apply moisturizer quickly," says Palep. A day-and-night salve for all skin types: **StriVectin Wrinkle Recode Moisture Rich Barrier cream,** which replenishes with ceramides and fatty acids and also acts as a nice primer under makeup ($119, *strivectin.com*).

Choose the Right Formula

Use a cleanser that not only washes skin gently, but helps with any problem spots.

OILY

The goal is to tamp down excess sebum without removing all of your skin's natural oils. Mild foaming gels strike a nice balance: San Antonio, Texas, dermatologist Vivian Bucay suggests **La-Roche Posay Toleriane Purifying foaming cleanser** (from $12, *laroche-posay.us*).

ACNE-PRONE

To prevent and treat blemishes, reach for **Differin Daily Deep cleanser with benzoyl peroxide** ($13, *walgreens.com*). Libby recommends letting it sink in for a minute before rinsing, so the 5 percent benzoyl-peroxide formula has time to get into your pores and kill the bacteria that cause pimples.

COMBO

Glycolic acid nixes greasiness without exacerbating dry patches. "It also exfoliates, treats pigmentation, and improves skin texture while removing debris and makeup," says Libby. **Glytone Mild gel cleanser** packs a Goldilocks amount of the ingredient for radiance without redness (from $10, *glytone.com*).

DRY

Creamy formulas are your friend, but avoid potentially irritating ingredients like salicylic acid, advises Jacob. **L'Oréal Revitalift Radiant Smoothing cream cleanser** contains glycerin to draw in moisture ($7, *walgreens.com*). And it bears repeating: Put on moisturizer right afterward for even more hydration.

SENSITIVE

If you have eczema, rosacea, or just plain moody skin, **Vanicream Gentle facial cleanser** is as soothing as it gets, says Palep ($9, *walgreens.com*). The noncomedogenic formula is free of fragrance, sulfates, soaps, and oils, and it leaves your complexion calm, not tight or squeaky-clean.

ALL-AROUNDS

If a one-size-fits-all cleanser is more your speed (or you need a quick routine before falling into bed at night), keep it simple: Micellar water melts away grime and makeup. Just saturate a cotton pad and sweep it over skin (try Bioderma Sensibio H2O; $11, *walgreens.com*). And today's creamy foam washes pair frothy suds with hydrating ingredients. We like CeraVe Hydrating Cream-to-Foam cleanser (from $15, *walgreens.com*).

RAVE REVIEW

SOFT SPOT

Oil cleansers have been around for ages, but the jury's still out on them with the doctors I interviewed. Some steer clear; others swear by them. I personally love Tatcha Pure One Step Camellia cleansing oil ($48, *tatcha.com*). Squeeze a few drops into your palms, rub it onto dry skin in circular motions, and rinse with warm water. Its fatty acids and vitamins leave your skin just-had-a-facial-fresh. —*CS*

/ COUNTER INTELLIGENCE /

Full Benefits

Now's the time to upgrade your coverage with a silky foundation that doubles as a skin treatment, smooth on a moisturizer with one extra-powerful ingredient, and wear a lip color that won't wind up on your mask. (We promise—we tested 20!)

TEXT BY ERICA SLOAN

Undercover Agents

It's the ultimate makeup coup: Appear as if you're wearing none while looking radiant. The secret? A serum foundation, which sinks into skin without detection (rather than just sitting on the surface) and conceals discoloration. "Similar to tinted moisturizers, these liquids even out tone, but they offer the benefits of a serum," says Knoxville, Tennessee, makeup artist Claire Balest. Tap into ingredients like line-softening niacinamide in **Ilia Super Serum skin tint SPF 40** (shown; in 18 shades, $46, *ilia beauty.com*), or soothing chia-seed extract in **Estée Lauder Futurist Hydra Rescue SPF 45 moisturizing makeup** (in 20 shades, $45, *esteelauder.com*). For a tall drink of moisture, try **Kevyn Aucoin Stripped Nude skin tint** (in 10 shades, $42, *kevynaucoinbeauty.com*) or **Exa High Fidelity foundation** (in 43 shades, $38, *credobeauty.com*); both contain antioxidants. To apply, use a densely packed foundation brush, says Los Angeles makeup artist Amber Amos: "Build it up gradually, focusing on areas that need a little extra oomph."

101

Sodium Hyaluronate

Hyaluronic acid may be the gold standard of hydration, but this version of the molecule is proving to be even shinier. Thanks to its smaller size, it penetrates deeper than its bigger sibling; it then attracts water from both the environment and the lower layers of your skin, explains NYC dermatologist Nikhil Dhingra. That dual action helps plump up skin and smooth wrinkles effectively, too. Find it in **Neutrogena Hydro Boost Night pressed serum** (shown; $23, *neutrogena.com*) or **ZO Skin Health Growth Factor eye serum** ($130, *zoskin health.com*), and dial up the dew.

RAVE REVIEW

LASTING JOY

When restaurants in my area reopened (albeit outdoors), I was more fired up to sport a bold lip again than to dig into my favorite burrata. After testing a tumble of tubes, I've found two buttery formulas that impart rich color without marking up my mask. For subtle shine, I like highly pigmented Armani Ecstasy Mirror lip gloss (shown; $37, *giorgioarmanibeauty-usa.com*); and for a punchy, matte look, my go-to is Revlon ColorStay Satin Ink liquid lipstick ($11, *revlon.com*). Blot either with a tissue, and your smile's here to stay. *—Claire Sullivan*

PHOTOGRAPH BY YASU + JUNKO, STYLING BY ELIZABETH PRESS (SERUM FOUNDATIONS); COURTESY OF MANUFACTURERS (OTHERS)

When you're living with moderate to severe plaque psoriasis, little things can become your big moment.

little smile

big night

$0 co-pay* program
otezla.com/copay

Otezla is different. It's a pill—not an injection, biologic, or cream.

- For **plaque psoriasis**, **75% clearer skin** is achievable after just 4 months
- Otezla is also proven to **help with moderate to severe scalp psoriasis**
- The Otezla Prescribing Information has **no requirement for initial or routine blood testing**
- Otezla can be **prescribed in the doctor's office or from home with telehealth**

APPROVED USE

Otezla® (apremilast) is a prescription medicine approved for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

IMPORTANT SAFETY INFORMATION

Do not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression and suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression or suicidal thoughts or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, upper respiratory tract infection, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

*Certain restrictions apply; eligibility not based on income.

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10/20 US-OTZ-20-1260

Otezla® (apremilast) 30mg tablets | show *more* of you | **To see before and after results, please scan the QR code.**

Pay $0 *for Otezla*

The $0 co-pay* *program*

Most people with private insurance **pay nothing out of pocket** for their prescription. After you're prescribed, you have the same opportunity to save.

How to get the $0 co-pay offer:

1. **Go to otezla.com/copay**
2. Call **1-844-4OTEZLA** (1-844-468-3952)
3. **Ask your doctor** about the $0 co-pay card

We've got *you* covered

If you have private insurance and are experiencing delays or your private insurance doesn't cover Otezla, you may be eligible for **free medication** through the **Otezla Bridge Program**.†

If you have government-issued insurance (Medicare or Medicaid) or are uninsured/underinsured, you may be eligible for the **Patient Assistance Program**.

If you have lost prescription coverage during this pandemic, please contact **Otezla SupportPlus**™. They will work with you to find the right resources to help you with your treatment.

For all Otezla savings questions:
call **1-844-4OTEZLA** (1-844-468-3952)

Otezla® SUPPORTPLUS™

*Certain restrictions apply; eligibility not based on income, must be 18 years or older. This offer is not valid for persons eligible for reimbursement of this product, in whole or in part under Medicaid, Medicare, or similar state or federal programs. Offer not valid for cash-paying patients. People who are not eligible can call 1-844-4OTEZLA to discuss other financial assistance opportunities.

†To receive a free bridge supply of Otezla, you must have an on-label diagnosis and be denied or experiencing a delay in obtaining coverage. Federal, State, or similar insurance plans are not eligible for Bridge. Once Otezla is approved by your commercial insurance plan, you will no longer be eligible for the Bridge Program.

Brief Summary of Prescribing Information
OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

Rx Only

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is the most important information I should know about OTEZLA?
OTEZLA may cause serious side effects:

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?
OTEZLA is a prescription medicine used for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should <u>not</u> take OTEZLA?
You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?
Tell your doctor if you:
- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?
- OTEZLA may cause serious side effects. See **"What is the most important information I should know about OTEZLA?"**
- **Common side effects** of OTEZLA are:
  – diarrhea
  – nausea
  – headache
  – vomiting
  – upper respiratory tract infection
  – tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

General Information about OTEZLA
Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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US-OTZ-20-1349

THE 4 A.M. FIX If you're wide awake for more than 15 minutes, don't just lie there; do something, advises Johns Hopkins's David Neubauer, MD. Go to another room, keep the lights low, and read a book or fold laundry until you feel drowsy.

CHRISTOPHER BAKER

Dream Scenarios

Crisp sheets, comfy pajamas, a quiet room: If you have all of these going for you and still can't get enough sleep, we feel you. But there are other steps you can take to wake up well-rested—and they don't require a prescription. Follow our expert advice, and call it a night.

TEXT BY LAUREN OSTER

WHEN YOU HIT THE SACK only to find yourself awake again just a few hours later, pondering the meaning of it all, you may feel alone in the universe. But the truth is you have plenty of company. Occasional, short-term insomnia was estimated to affect an eye-opening 30 to 50 percent of the world before 2020, aka the Year That Stole Everyone's Sleep. By July, according to a report in *NeurologyToday*, experts around the country were talking about "Covid-somnia," a dramatic increase in sleep disorders spurred by the upheaval of the pandemic. Fortunately, there are simple ways to reduce that deficit and get some shut-eye.

1 WARM UP, THEN COOL DOWN

Those lucky people who nod off effortlessly have something in common: "Their body temperature naturally drops a tiny bit just before bedtime," says White Plains, New York–based clinical psychologist Shelby Harris, PsyD, author of *The Women's Guide to Overcoming Insomnia* (W. W. Norton, 2019). This dip cues the brain to make melatonin, the sleep-inducing hormone. To mimic it, take a warm bath or shower about an hour and a half before bed. The water will raise your body temperature; once you towel off, it'll dive back down. Keeping your room around a chill 65 degrees at nighttime also helps.

Working out can have a similar effect, but you need to do it earlier in the day to begin the cycle. "Exercising too close to bedtime warms up the body too much," says Harris. Four to six hours before you turn in is ideal.

2 EAT EARLY—AND WISELY

"A diet high in fiber-rich foods—including whole fruits and grains, veggies, pulses (aka lentils, chickpeas, and split peas and beans), nuts, and seeds—is tied to better sleep patterns," says Samantha Cassetty, MS, RD, coauthor of *Sugar Shock* (Hearst Home, 2020). "First, you're flooding your system with nutrients, like magnesium, that are tied to your internal sleep mechanisms. Second, you're likely reducing your consumption of red meat, refined grains, and foods with high amounts of added sugars, all of which, when eaten routinely, can interfere with sleep." What's the deal with magnesium, you say? Women need 310 to 320 milligrams a day; if you don't get enough in your diet, ask your doctor about taking a supplement with magnesium glycinate, which isn't associated with stomach upset the way other forms of the mineral are. In addition to its sleep benefits, a healthy diet helps keep your heart and blood vessels in shape and can lower your body's inflammation (elevated levels are at the root of many chronic diseases). Cassetty also advises not eating within a couple of hours of bedtime. "But if you're really hungry and won't be able to sleep without a snack, have something light and easy to digest," she says. Her recs: two kiwifruits, which are packed with serotonin, a neurotransmitter your body uses to synthesize melatonin; or a banana and a handful of magnesium-rich pumpkin seeds.

3 FEEL THE LOVE

Ongoing research indicates that loneliness and sleeplessness go hand in hand, so embrace together time with your family, like dinners and movie nights, and keep the FaceTime and Zoom catch-ups coming. Focus on uplifting topics, advises David Neubauer, MD, associate professor of psychology and behavioral sciences at the Johns Hopkins Disorders Center, in Baltimore. He also suggests shunning "doom-scrolling," the aimless intake of headlines and social posts that gobble time by the half hour. Even if your feed doesn't rile you up, staring at the blue glow from your phone without blinking can leave you with dry, irritated eyes, or worse: "Some studies show that the light from electronic devices can inhibit melatonin secretion, making it more difficult to fall asleep," says Bhanu Kolla, MD, a psychiatrist and neurologist at the Mayo Clinic's Center for Sleep Medicine, in Rochester, Minnesota. "However, I think the content is much more detrimental than the light." The bottom line: Shut off news an hour before bed, or put your tech to a good use and listen to a lulling "sleep story" read by a notable name on the Calm app, such as actors Jennifer Garner or Idris Elba.

4 ROLL OUT TENSION

A quick, hurts-so-good session with a foam roller can help erase the aches that keep you up by increasing the suppleness of your fascia, the layers of connective tissue that run under your skin, says Jessa Zinn, a fascia expert at the Yinova Center, in New York City. Too much sitting, repetitive motions, and old injuries can cause your fascia to stiffen up; the foam roller helps stretch things back out. Grab one that's soft (i.e., made of squishy EVA foam, not the rigid stuff; avoid descriptions like "high density"), about 6 inches in diameter, and 36 inches long. Then add this stretch to your nightly ritual: Lie back on the roller so that it runs the length of your head, spine, and hips, and rest your feet flat on the floor with your knees bent. Place your arms at your sides, and slowly inhale as you sweep them out and above your head, palms facing up, as if making a snow angel. Exhale slowly as you sweep your arms back out and down. Repeat 10 times to open your diaphragm and shoulders and release tension in your lower back and neck. Then target other knotty spots, like your lats, iliotibial bands, and quads, breathing slowly and letting your body "melt" over the roller.

5 POP SOMETHING SAFE

Melatonin supplements work like "a weak sleeping pill," says Kolla. They signal the brain that night has fallen, biologically speaking, and it's time to shut down. "The main advantage is that they're quite safe, with minimal to no side effects for doses up to 10 milligrams," Kolla says. Start by taking 3 milligrams about 30 minutes before bed. If that doesn't help, up the dosage to 5 milligrams; then, if needed, 10. As for the format, pills, drops, or gummies are all fine—just check the label for an immediate-release preparation, which means it hits your bloodstream instantly rather than slowly dissolving. Since supplements aren't regulated by the U.S. Food and Drug Administration, look for the Current Good Manufacturing Practices (CGMP) or Good Laboratory Practices (GLP) certification to confirm your choice is high-quality.

6 SWADDLE YOURSELF

Weighted blankets are emerging as heavy hitters in the sleep world. The 5-to-30-pound throws create what occupational therapists call "deep-pressure stimulation," and are thought to help reduce stress by putting our focus on physical sensations instead of the static in our heads. New research, including exciting findings published in *Journal of Clinical Sleep Medicine* this past September, suggests they can relieve insomnia related to depression and anxiety, too. While the studies so far have been small (and the blankets' price tags can be hefty), the anecdotal evidence does sound like a dream come true. So snuggle under, and prepare for drift-off.

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TASTEMAKER

The Food Coach

Maya Feller

Registered dietitian, Brooklyn

When she was growing up, the world came to Feller's kitchen. "My mom's table was always full of women from around the globe having awesome, energetic discussions over a meal," she recalls. It wasn't until after college that the Massachusetts native grasped the connection between eating and health. "I was training for the Boston Marathon, and at about mile 12 I would think, *Where did breakfast go?* I decided to find out." Feller earned an MA in clinical nutrition at New York University, then worked at community-based nonprofits before starting her own practice in 2013. Rather than shoehorning clients into dietary guidelines, she listens as carefully as she analyzes lab results. "There's no one-size-fits-all way to eat healthfully, so I ask who they are, how their work-life balance is, and what they need and want," she says. Her personal approach makes her a sought-after expert on TV; for appearances, she clicks on Rent the Runway to borrow vivid pieces by designers like Derek Lam, Ulla Johnson, and A.L.C. "If I had my way, I'd roam around the house in gowns all the time," she says with a laugh. In reality, the mom of two tackles the day in comfy pants and cozy sweaters. Reflecting on her formative family meals, Feller offers this very adaptable recipe for a relaxed, healthy diet: "Make choices that are balanced, delicious, and pleasure-filled," she says. "Then add more plants." —*Melissa Ozawa*

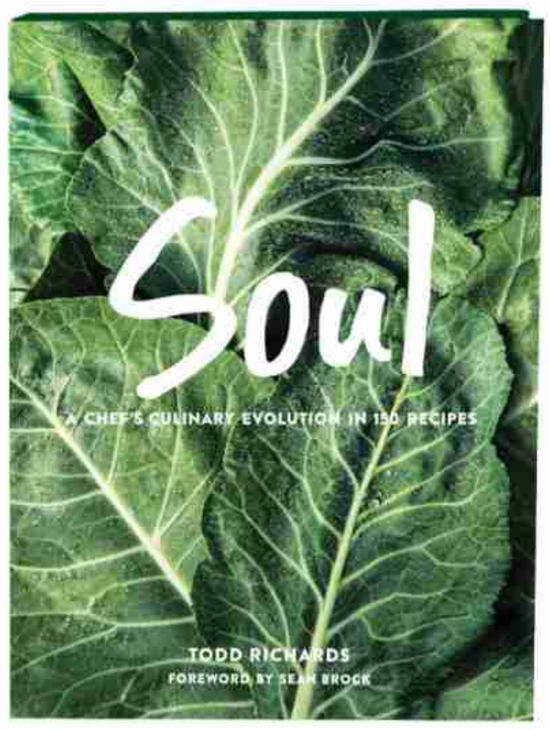
1
TOWER 28
2
WIN THIS
For a chance to win this sweater, go to *win.marthastewart.com* on January 21. For details, see page 102.
3
SUN-POPPED CORN
BJORN QORN
NICE & HOT
VEGAN, GLUTEN FREE & SATISFYING
140 CAL PER SERVING
CORN
PEPPERS
7
8
NICOT
9
CHARITY OF CHOICE
"I support the Campaign Against Hunger. It makes a real impact in the New York City community."
12
FLAVOR BOOSTERS
"I always have a huge basket of garlic, onions, shallots, and ginger. I love them for their antioxidant, antimicrobial, and phytonutrient capabilities."
13

WINI LAO (PORTRAIT); COURTESY OF MANUFACTURERS (OTHERS)

4

ACTION PLAN
"Rather than saying, 'Don't eat the candy bar,' try moving your body in the sunlight. We all need to get out in the fresh air for our mental health."

6 –



A FRESH OUTLOOK
"Post-holidays is not the time to restrict or cut out food groups. It's a time to set one's intentions for the weeks and months ahead."

5

– 10

11 –

– 17

14 & 15

– 16

WELLNESS WISDOM
"Your nutritional health exists on a spectrum. This is an especially stressful time. Instead of feeling guilt, give yourself grace."

18

Her Essentials

1 | Tower 28 Shine On Lip Jelly, in Chill
"It elevates my look instantly."
$14, tower28beauty.com.

2 | Cos Fine turtleneck wool top
"I wear a lot of bright colors. This cute sweater is a favorite."
$69, cosstores.com.

3 | Bjorn Qorn Spicy popcorn
"It's pure perfection, just the right amounts of salty and savory."
bjornqorn.com.

4 | Brooklyn Delhi Guntur Sannam hot sauce
"I love it on a hard-boiled egg. It's a complex, mild spice."
$6 for 5 oz., brooklyndelhi.com.

5 | Rei Co-op 650 Down Vest 2.0
"I get cold easily, and this is light enough to stuff in a bag."
$80, rei.com.

6 | *Soul: A Chef's Culinary Evolution in 150 Recipes*
"This book is just excellent. Author Todd Richards highlights Black American chefs across multiple cuisines."
Oxmoor House; $35, bookshop.org.

7 | Nicole Miller Lurex denim jeans
"They fit well and are great quality."
$195, nicolemiller.com.

8 | Mas des Agrunelles Nicot Blanc wine
"It's an incredible white—not too heavy, with a little zip."
$23, ripewi.com.

9 | Crate & Barrel Rings double old-fashioned glasses
"They're super-simple and a good value."
$30 for 12, crateandbarrel.com.

10 | Tumi Voyageur Carson backpack
"It's sleek and compact, which is important, or I'd carry half of Brooklyn with me."
$395, tumi.com.

11 | Diane's Kitchen Daily Crunch Cherry Berry Nut Medley
"This is a fantastic healthy snack. My kids love it."
$15 for two 5-oz. bags, dailycrunchsnacks.com.

12 | New Balance 574 sneakers, in Black With Angora
"I like a little flair, and these are extra-comfortable with a touch of leopard print."
$80, newbalance.com.

13 | Jars Tourron dinner plates, in Samoa
"We got a set for our wedding. They're gorgeous for every day."
$44 each, jarsusa.com.

14 | Now Jasmin Absolute essential oil
"I mix scents and put a blend on after a shower or bath for some self-care."
$27, nowfoods.com.

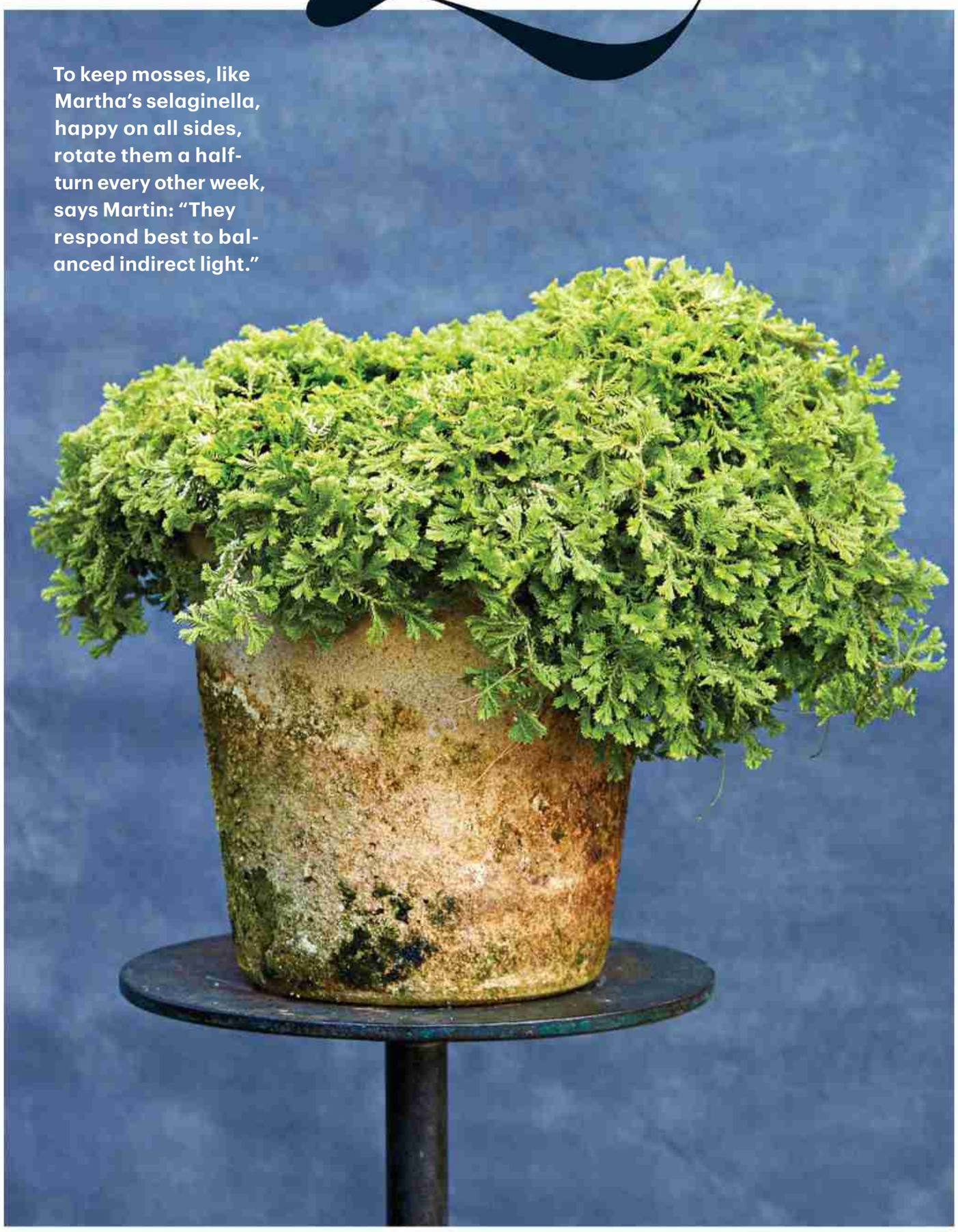
15 | Kneipp Soothing Calendula & Orange Foot Repair Butter
"Magic for my heels."
$22 for 3.45 oz., ulta.com.

16 | Branch Basics Concentrate
"It's dish and hand soap and glass and countertop spray in one. A single bottle cleans the house."
$49 for 32 oz., branchbasics.com.

17 | Woolrich Atlas blanket, in Grey
"I wrap up in it on the couch every night, with either my husband or the kids."
$110, woolrich.com.

18 | Bodum Bistro mug
"It feels good in my hands and gives a nice sip."
$40 for 2, bodum.com.

Ask Martha



To keep mosses, like Martha's selaginella, happy on all sides, rotate them a half-turn every other week, says Martin: "They respond best to balanced indirect light."

What houseplants grow well without much light?

—Dana Tompkins, Mission Viejo, Calif.

Look for ones with hearty green leaves, which photosynthesize like champs. "Rather than going the flowering route, focus on great foliage," says Tovah Martin, author of *The Indestructible Houseplant* (Timber Press, 2015). Then, to keep them healthy in winter, up the humidity, advises Joyce Mast of houseplant company Bloomscape, particularly if the soil feels dry to the touch (test it with a finger). Mist them regularly, group them so they share naturally released moisture, or keep them on water-filled pebble trays. Here, a few shade-loving options:

FERNS Nurturers, meet your soul mates: These are thirsty and need a drink about twice a week. When you bring one home, de-pot it and inspect the roots; they grow fast, so if they're tightly bunched, go up a container size.

PHILODENDRONS These bright tropical beauties like shadowy spots, because direct rays can scorch their glossy leaves. Water when the top half of the soil is dry, every week or two.

PEPEROMIAS Martin calls these mini rubber-tree replicas "radiator plants" because they're so resilient. Top them off when the soil's dry, once a week or so.

RAISE THEM RIGHT

For a guide to growing plants in any kind of light, hover your smartphone here, or go to *marthastewart.com/houseplants*.

NOE DEWITT (PLANT); GETTY IMAGES (DOG, HOUSE); COURTESY OF CARAWAY (COOKWARE)

When should I transition my puppy to adult dog food?

—Samantha O'Connell, Park City, Utah

Generally, baby fluffers become full-fledged canines at about a year, which is when they should graduate to grown-up kibble. But maturation rates do vary. To determine exactly when to make the switch, consider breed, not size, says Purina veterinarian Callie Harris: "Pet parents often look at a Chihuahua or Yorkie and think, *You're still small; I'll keep feeding you puppy food*—or the reverse, for big dogs, changing to an adult diet too soon." Little breeds reach their end-goal weight more rapidly and can make the jump as early as nine months, while giant ones may benefit from a growth formula for up to two years. If in doubt, ask your vet, and when the time comes, transition gradually to avoid upsetting your pooch's stomach: Mix the new food in with the old in increments, building up to the full amount over 7 to 10 days.

LET US HELP YOU!

E-mail your questions to *Ask.Martha@meredith.com*, or send them to Ask Martha, c/o Letters Department, *Martha Stewart Living*, 225 Liberty Street, New York, NY 10281. Please include your full name, address, and daytime phone number. Letters and messages become the property of Meredith Corp. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

Reporting by Erica Sloan

| HOMEKEEPING |

Slick Advice

Ceramic pots and pans are lightweight, good-looking, and eggs-glide-like-butter nonstick, thanks to a chemical-free coating made from a sand derivative. But without proper maintenance, they can warp or lose their finish. Follow these care tips from Jordan Nathan, founder and CEO of the Caraway cookware brand, to keep yours as slippery as new.

USE A SOFT TOUCH
Metal utensils can nick or scrape the outer layer. Cook with wooden or silicone spatulas and spoons instead.

LOWER THE TEMP
Stick to low or medium to keep the oven-cured coating intact. It conducts and distributes heat so well that you won't need any higher.

WAIT TO CLEAN IT
Let pans cool completely before rinsing. The shock of cold water on the hot surface can damage it over time.

WASH BY HAND
Use warm, soapy water and a nonabrasive sponge, and wipe or let air-dry completely before stowing it away.

Caraway cookware, *from $95, carawayhome.com.*

Is now a good time to refinance my mortgage?

—Carol Feinberg, Maplewood, N.J.

It's worth exploring, says Tendayi Kapfidze, VP and chief economist at Lending Tree, since interest rates are historically low and likely to keep dropping. If you've been paying on time for a while, or your home's value has increased (lowering your loan-to-value ratio), or your credit score has risen by 50 or more points, you have even more reason to gather quotes. Aim for a rate at least half a percentage point lower than your current one—and shop around for the lowest fees, says Kapfidze, so you can quickly recoup your closing costs. And if you currently have a 30-year mortgage, consider refinancing into a 15-year one; your monthly payment may rise a bit, but you'll wind up paying far less in accumulated interest over the life of the loan.

| HEALTH TIP |

The Right Jab

If you haven't gotten a flu shot this season, it isn't too late to request one from your doctor. "The peak of cases can occur well into March," says Carmen Teague, MD, an internal medicine physician at Atrium Health, in Charlotte, North Carolina. It's even more crucial in light of Covid-19: "We know co-infection is possible, and the flu vaccine is the best way to avoid that."

Everyday FOOD

COOK, NOURISH, ENJOY

Homemade beef stock lends rich complexity to this soup. Learn how to make it the day ahead—you'll have plenty left over to freeze and use in other recipes.

| PERFECTING |

MELTING POINTS

French onion soup feeds the soul on a cold day, and now you can enjoy it at the best restaurant on the block: your place. Our classic recipe turns a lazy Sunday into a long-simmering affair. Serve it bubbling hot, and bring down the house.

TEXT BY CLAIRE SULLIVAN RECIPE BY GREG LOFTS

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY JENNY HUANG

FRENCH ONION SOUP

Ingredients

¼ cup extra-virgin olive oil

3 pounds sweet onions, such as Vidalia, halved and thinly sliced (9 cups)

2 tablespoons unsalted butter

1 clove garlic, minced (1 teaspoon)

3 thyme sprigs

1 bay leaf

Kosher salt and freshly ground white pepper

½ cup dry vermouth or dry white wine

2 quarts beef stock, preferably homemade (see recipe, below)

⅓ cup sweet Marsala, Madeira, or port wine

6 slices French bread or other soft country loaf (each 1 inch thick), lightly toasted

8 ounces Gruyère, coarsely grated (2 cups)

1

Caramelize Onions

Heat **oil** in a large, heavy pot over medium. Add **onions** and cook, stirring occasionally, until soft and beginning to turn golden, 35 to 40 minutes (if onions develop color quickly, reduce heat). Add **butter, garlic, thyme, bay leaf,** 2 teaspoons **salt,** and ¼ teaspoon **pepper.** Cook, stirring a few times, until golden brown, 15 to 20 minutes more.

2

Deglaze & Simmer

Add **vermouth** (for acidity and subtle bitterness) and boil, scraping up browned bits from bottom of pot, until mostly evaporated, 1 to 2 minutes. Stir in **stock** and **Marsala** (this fortified wine imbues sweetness and subtle warmth and spice). Bring to a boil, then reduce heat to low and gently simmer 45 minutes. Season to taste.

3

Broil & Serve

Preheat broiler. Ladle soup into broiler-safe crocks or bowls set on a rimmed baking sheet. Nestle a piece of toast into each, partially submerged, and top each with ⅓ cup **Gruyère.** Broil until cheese is melted, bubbly, and golden brown in places, 2 to 4 minutes. Soup without toast and cheese can be cooled and refrigerated in an airtight container up to 3 days, or frozen up to 6 months.

MAKES: 6 SERVINGS

"This dish freezes beautifully. I store it in pint containers, so when I'm craving a warm, comforting bowl, all I have to do is return it to a simmer in a saucepan, transfer it to a serving crock, and top with toast and cheese to broil."

—deputy food editor Greg Lofts

Homemade Beef Stock

Any beef bones work here; ask your butcher for recommendations if you can't find our suggestions. This recipe yields about 3 quarts.

1. Preheat oven to 425°. In a roasting pan, combine 5 pounds total **beef-marrow bones, neck bones,** and **oxtail;** 1 pound **beef chuck** (or other stew meat), cut into 1-inch pieces; 3 **carrots,** peeled; and 1 halved **large onion,** skin on. Drizzle with **extra-virgin olive oil,** tossing to evenly coat, and spread in a single layer. Roast, turning everything once halfway through, until meat is browned on all sides, about 45 minutes.

2. Transfer bones, meat, and vegetables to a stockpot. Place roasting pan over two burners, add ½ cup **water,** and bring to a boil, scraping browned bits from bottom; transfer mixture to stockpot. Add enough water to pot to cover meat and vegetables by about 2 inches (5 to 6 quarts). Bring to a boil, skimming foam and impurities from surface.

3. Add 2 **celery stalks,** plus a handful of **inner leaves;** 1 teaspoon **black peppercorns;** 2 **thyme sprigs;** and 6 **parsley sprigs.** Reduce heat to medium-low and gently simmer, uncovered, until mixture is darkened and reduced slightly, and bones have released their marrow, 8 to 12 hours. Strain through a fine-mesh sieve (line it with cheesecloth for clearest possible stock). Let stand until fat rises to surface, then skim it from stock with a spoon. Freeze fat to use in place of oil or schmaltz in a savory dish. Stock can be refrigerated in an airtight container up to 1 week, or frozen up to 6 months.

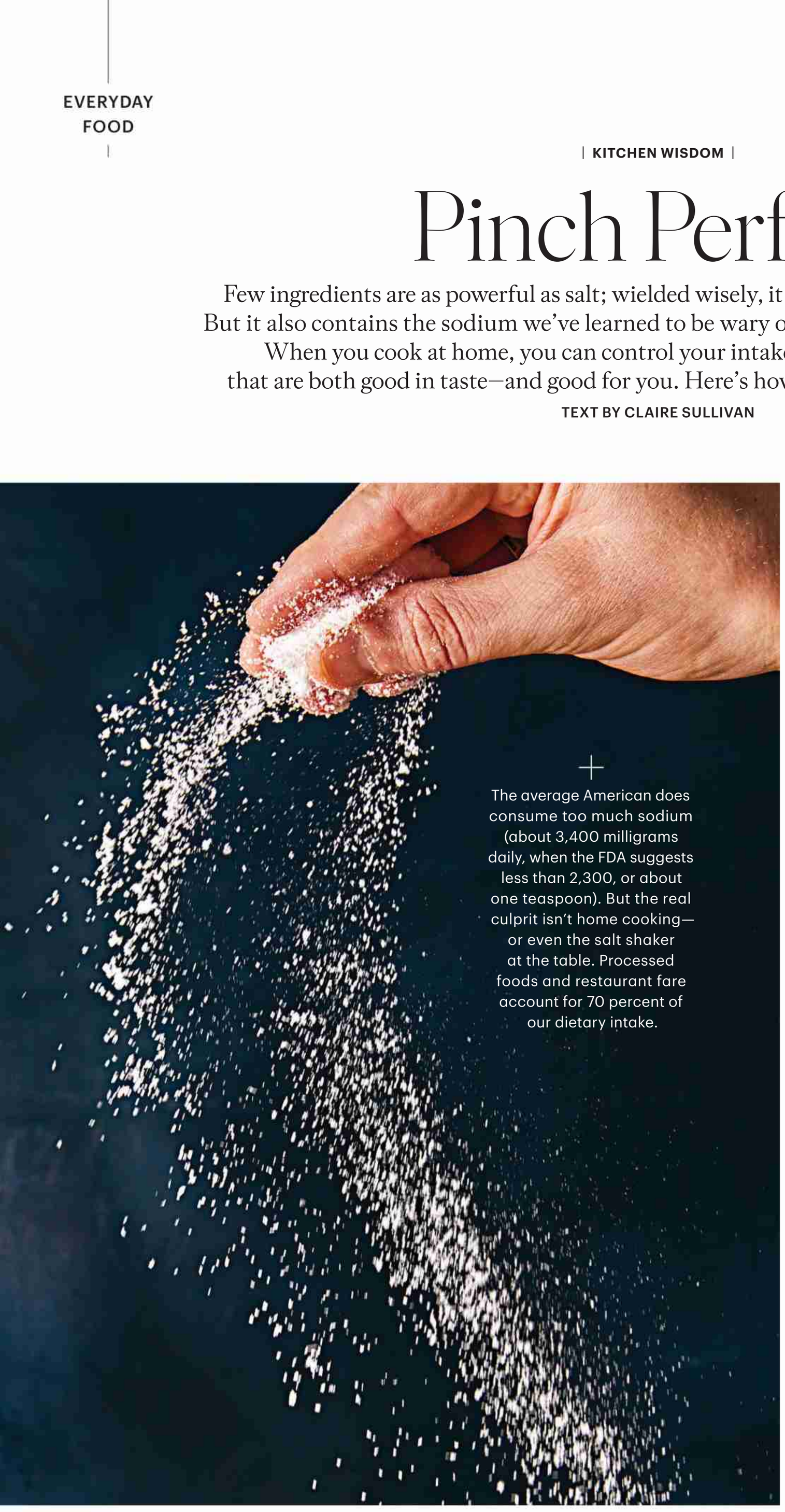
To remove the fat without skimming, refrigerate stock until it floats to the top and solidifies, then lift it off with a spoon.

| KITCHEN WISDOM |

Pinch Perfect

Few ingredients are as powerful as salt; wielded wisely, it amplifies every flavor in a dish. But it also contains the sodium we've learned to be wary of for our health. The good news: When you cook at home, you can control your intake and create amazing meals that are both good in taste—and good for you. Here's how to toss it on with confidence.

TEXT BY CLAIRE SULLIVAN



The average American does consume too much sodium (about 3,400 milligrams daily, when the FDA suggests less than 2,300, or about one teaspoon). But the real culprit isn't home cooking—or even the salt shaker at the table. Processed foods and restaurant fare account for 70 percent of our dietary intake.

1 – KEEP IT KOSHER

From prep to plating, Diamond Crystal is our go-to. Its large crystals taste clean, not bitter, and are less dense than the standard table variety, so you get good coverage without adding too much sodium. We keep ours in a cellar with a lid, which prevents clumping and makes it easy to dip in fingers and scatter.

2 – FORM A FOUNDATION

Season as you cook, not just before serving. This builds in flavor, whether you're sautéing onions or grilling chicken. Most natural foods don't contain much (if any) sodium. But take care to use items like reduced-sodium soy sauce and broths in recipes to better control the amount in a dish, and the final taste.

3 – ENHANCE H_2O

We toss two to three generous pinchfuls into a pot of water before blanching vegetables or prepping pasta. It should taste lightly briny; if it's too saline, pour some out, add more from the tap, and taste again.

4 – GET A GREAT SEAR

Sprinkle it from six to eight inches above to evenly coat room-temperature proteins. Then let stand for 10 to 15 minutes before they hit the pan. The salt pulls moisture to the surface, ensuring a crisp, golden-brown crust. Fish is the exception: Season just before cooking, as drawing out too much liquid can make it mealy.

5 – GO OUT WITH A BANG

Finishing salt brings a nuanced note and satisfying crunch to dishes. Always save it for last—these coarser crystals are pricier, and lose their complexity if used during cooking. Consider a few of our favorites.

GRAY SEA SALT Food director Sarah Carey likes its mineral notes.

PINK HIMALAYAN SALT Deputy food editor Greg Lofts hand-grinds it to top off salads, warm baked cookies, and more.

FLAKY SEA SALT Senior food editor Lauryn Tyrell loves its potent bite.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY JENNY HUANG

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| HEALTHY APPETITE |

THE SPICE IS RIGHT

Cinnamon can do so much more than just enliven your latte: The plant's potent compound cinnamaldehyde has been shown to help stabilize blood sugar and lower your risk of cardiovascular disease and diabetes when you get a few teaspoons daily. With these tasty ideas, you'll be well on your way.

TEXT BY CLAIRE SULLIVAN RECIPES BY GREG LOFTS

LEAVES
Herbaceous in flavor, they're unprocessed, so they have extra-high levels of antioxidants, says Los Angeles bariatric physician Amy Lee, MD. Sub them for bay leaves in stews and curries, or stir them into mulled wine or cider.

GROUND
For max antioxidant benefits, seek out the Ceylon variety. Then go big at breakfast: Shower a teaspoon (or more!) onto yogurt and fruit, buttered toast, or oatmeal.

STICKS
These derive from the tree's inner bark. Use a coffee grinder to pulverize them into a powder that retains more nutritious essential oils than preground cinnamon, says Lee.

1. A Superfood Sip

Cinnamon Smoothie

This tropical-tasting drink has hemp-seed hearts for protein, fiber, and iron.

In a blender, combine ⅔ cup **full-fat plain yogurt** (not Greek); ½ cup **coconut water** (such as Harmless Harvest); ½ teaspoon **ground cinnamon**; a pinch of **kosher salt**; 2 tablespoons **hemp-seed hearts**; 1 cup **frozen pineapple chunks**; and 1 peeled, segmented **clementine**. Purée; serve with a pinch of cinnamon.

2. A Plant-Powered Lunch

Loaded Baked Sweet Potatoes

Avocado adds healthy fats; beans fuel you with fiber.

Prick 2 **sweet potatoes** a few times with a fork. Rub skins with **extra-virgin olive oil**; season with a pinch each of **kosher salt**, freshly ground **pepper**, and **ground cinnamon**. Preheat oven to 400°; bake directly on rack with a foil-lined pan underneath until very tender, about 1 hour. Stir together 1 cup drained and rinsed **black beans**, 2 teaspoons oil, and ¼ teaspoon cinnamon; season to taste. Slash open potatoes; season insides to taste. Divide bean mixture and ½ diced **avocado** between potatoes. Serve hot, with **crème fraîche**, toasted **sesame seeds**, and a generous pinch of cinnamon.

3. A Dynamic Dinner

Roasted Cinnamon-Rubbed Chicken

The meat can be marinated a day ahead and refrigerated in an airtight container. Bring to room temperature before roasting.

Preheat oven to 400°. In a bowl, stir together 1½ teaspoons each **ground cinnamon** and **kosher salt**; 1 teaspoon **ground cumin**; ½ teaspoon freshly ground **pepper**; and 1 tablespoon each peeled, grated **fresh ginger** and **extra-virgin olive oil** to make a paste. Rub it onto 4 **whole chicken legs** (2½ pounds). Let stand on a parchment-lined baking sheet 15 minutes. Roast until skin crisps, 40 to 45 minutes; serve.

PHOTOGRAPHS BY CHRIS SIMPSON

FOOD STYLING BY LAURA REGE; PROP STYLING BY SUZIE MYERS

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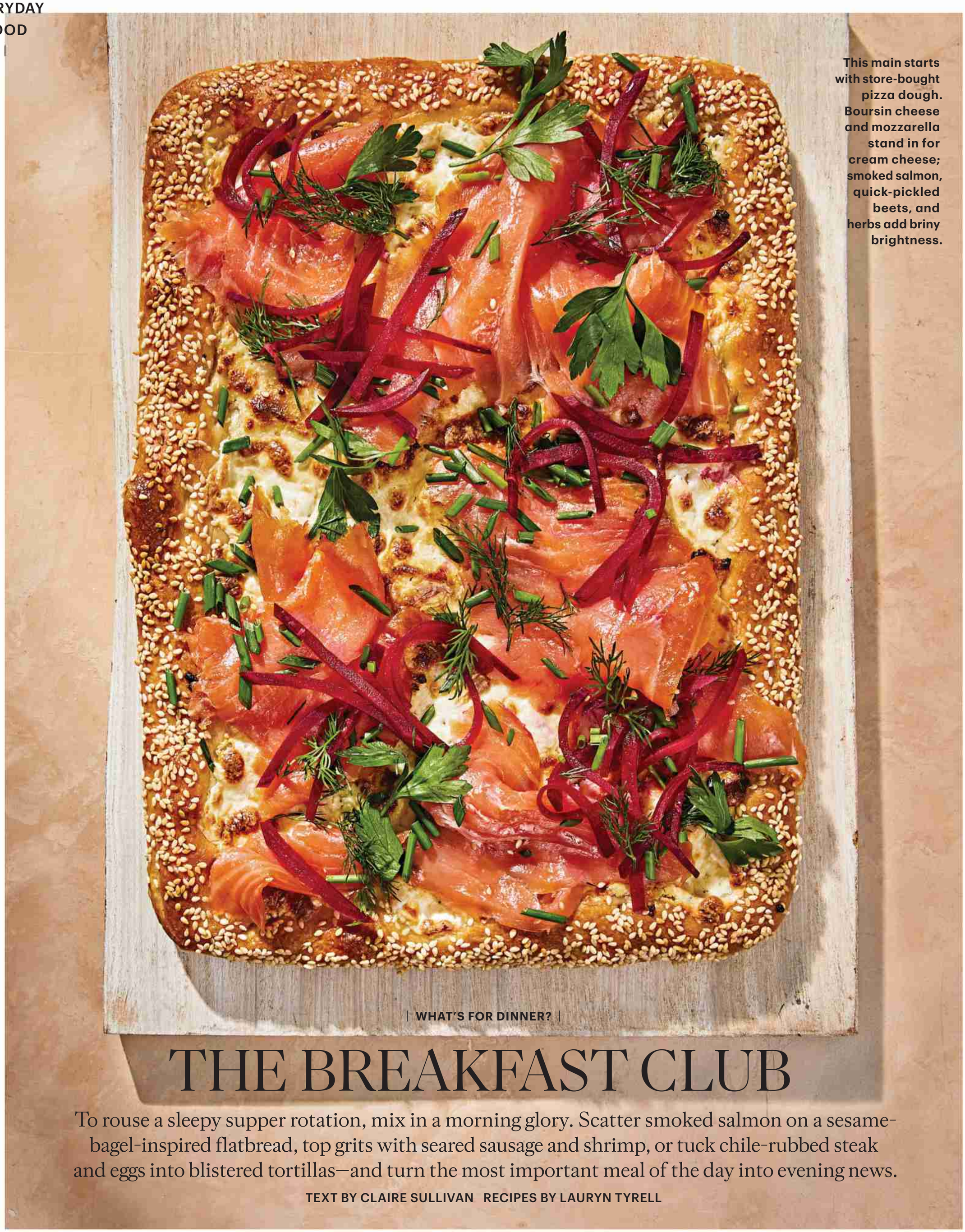


This main starts with store-bought pizza dough. Boursin cheese and mozzarella stand in for cream cheese; smoked salmon, quick-pickled beets, and herbs add briny brightness.

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

| WHAT'S FOR DINNER? |

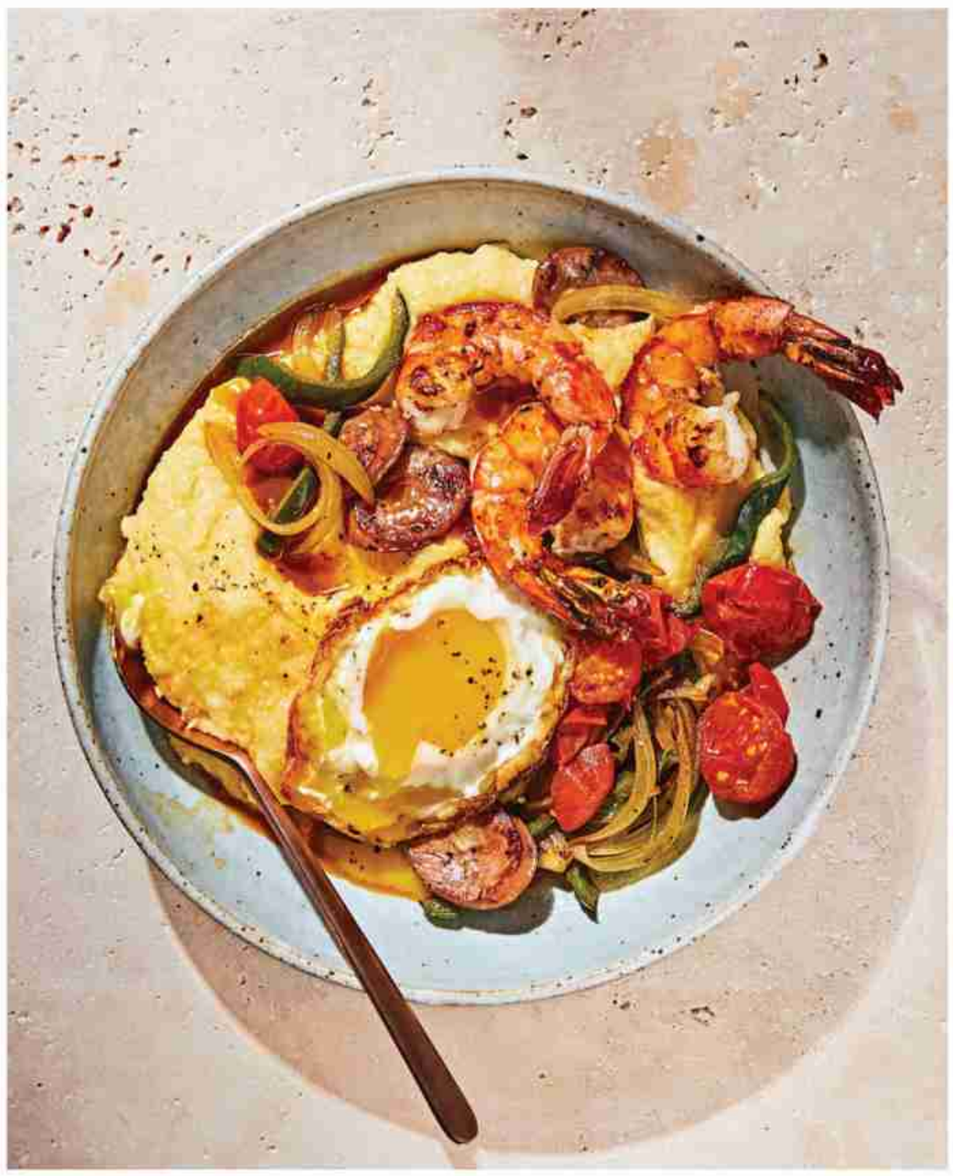
THE BREAKFAST CLUB

To rouse a sleepy supper rotation, mix in a morning glory. Scatter smoked salmon on a sesame-bagel-inspired flatbread, top grits with seared sausage and shrimp, or tuck chile-rubbed steak and eggs into blistered tortillas—and turn the most important meal of the day into evening news.

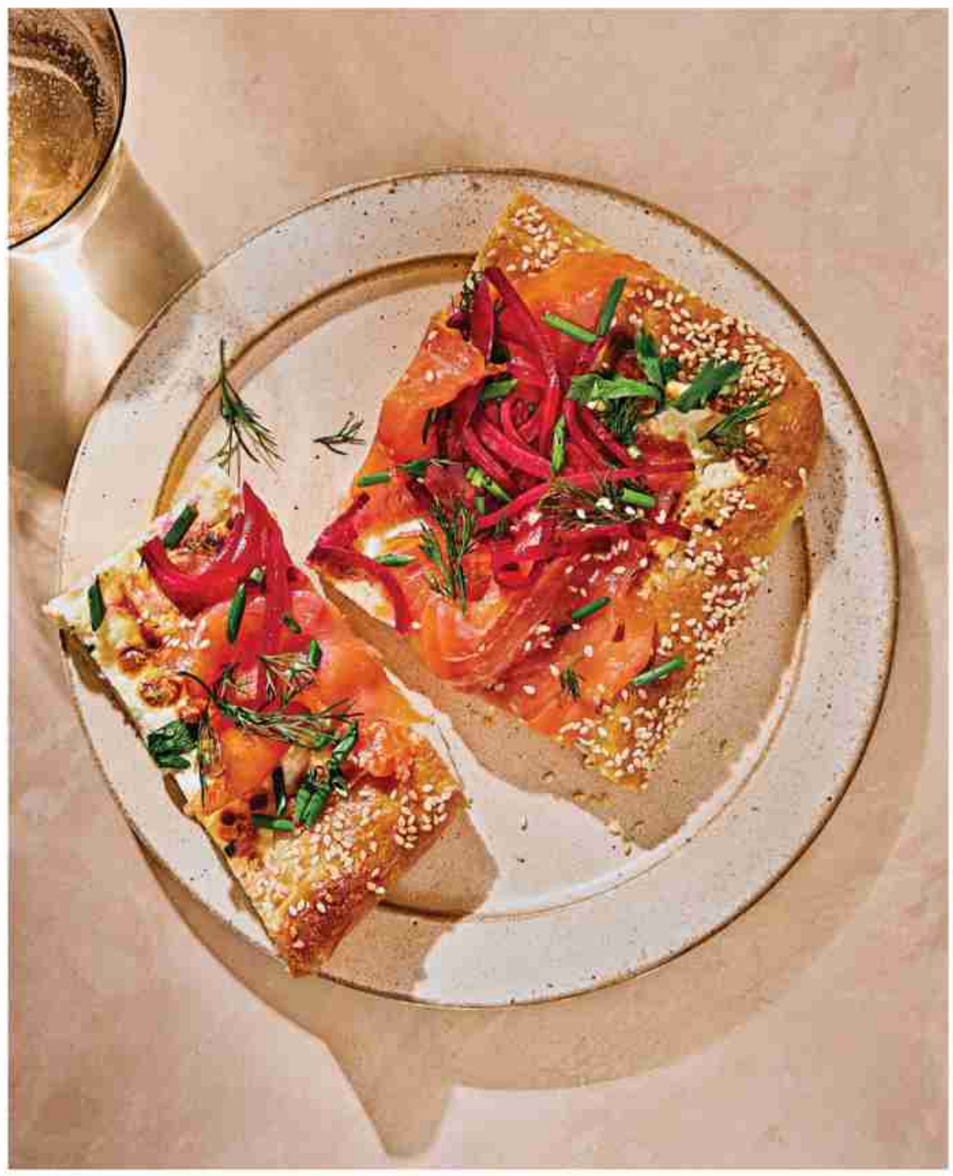
TEXT BY CLAIRE SULLIVAN RECIPES BY LAURYN TYRELL

PHOTOGRAPHS BY JENNY HUANG

Shrimp and Sausage With Cheesy Grits

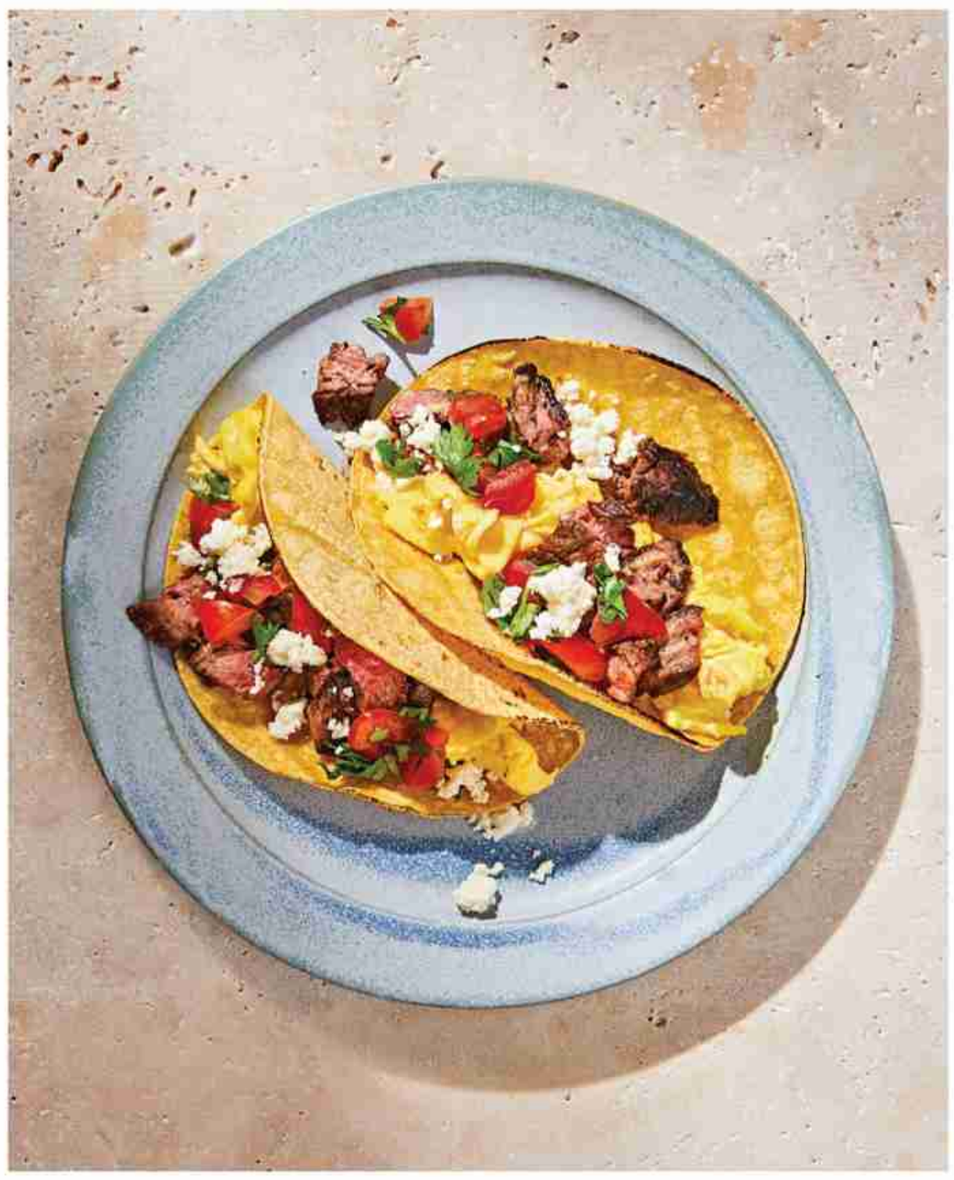


Smoked-Salmon Flatbread With Pickled Beet



Bacon-Kimchi Pancakes

Steak-and-Egg Tacos



Shrimp and Sausage With Cheesy Grits

- **1 cup stone-ground grits**
- **Kosher salt and freshly ground pepper**
- **4 tablespoons unsalted butter, room temperature**
- **6 ounces sharp cheddar, grated (1½ cups)**
- **6 ounces andouille sausage, sliced ¼ inch thick**
- **12 ounces large peeled, deveined shrimp (about 16)**
- **1 teaspoon fresh lemon juice**
- **2 tablespoons hot sauce, such as Frank's Red Hot**
- **1 poblano pepper, seeded and cut into ¼-inch strips**
- **1 small onion, cut into ¼-inch-thick slices (1 cup)**
- **1 cup halved cherry tomatoes**
- **Fried eggs, for serving (optional)**

Stir grits into 4 cups salted boiling water. Reduce heat to medium; cook, stirring, until thickened, 10 minutes. Remove from heat. Stir in 2 tablespoons butter and cheese; season to taste. Cook sausage in a large nonstick skillet over medium-high heat until browned, 6 minutes. Transfer to a plate. Add 1 tablespoon butter and shrimp to skillet; season to taste. Cook until just opaque, 2 to 3 minutes. Stir in lemon juice and hot sauce; transfer to another plate. Cook remaining butter, poblano, onion, and tomatoes, stirring once, until browned, 5 minutes. Return sausage and ¼ cup water to skillet; cover, reduce heat to medium-low, and cook until tomatoes collapse, 1 minute more. Stir in shrimp and serve, with grits and eggs.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

Smoked-Salmon Flatbread With Pickled Beet

- **¼ cup extra-virgin olive oil**
- **1 pound pizza dough, room temperature**
- **2 tablespoons sesame seeds**
- **Kosher salt and freshly ground pepper**
- **5 ounces fresh mozzarella, thinly sliced**
- **5 ounces garlic-herb cheese, such as Boursin, crumbled**
- **1 medium red or Chioggia beet, scrubbed and cut into matchsticks (about 1 cup)**
- **½ teaspoon grated lemon zest, plus 2 tablespoons fresh juice**
- **4 ounces sliced smoked salmon**
- **¼ cup packed tender herbs, such as parsley, dill, and chives**

1. Preheat oven to 450°, with a pizza stone or inverted baking sheet on lowest rack. Drizzle 3 tablespoons oil onto a rimmed quarter sheet pan (9 by 13 inches). Stretch dough to edges of pan. Drizzle evenly with remaining 1 tablespoon oil; sprinkle with sesame seeds and season with salt and pepper. Top with mozzarella and garlic-herb cheese, leaving a ½-inch border.

2. Bake on stone until cheese is melted and bubbly, and crust is golden brown and set on bottom, 22 to 24 minutes. Meanwhile, in a bowl, combine beet, lemon zest and juice, and ¾ teaspoon salt. Let stand 10 minutes. Remove pizza from oven; let cool slightly. Top with salmon, beet mixture, and herbs. Slice and serve.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. | **SERVES:** 4

Bacon-Kimchi Pancakes

- **6 slices bacon, halved crosswise (8 ounces)**
- **2 large eggs, beaten**
- **1 cup kimchi, drained well and finely chopped, plus ¼ cup juice**
- **2 tablespoons reduced-sodium soy sauce**
- **1 tablespoon packed light-brown sugar**
- **2 teaspoons toasted sesame oil**
- **¾ cup sliced scallions, light-green parts only (from 1 bunch)**
- **1 cup unbleached all-purpose flour**
- **2 tablespoons vegetable oil**
- **Sliced baby bok choy and cucumbers, for serving**

1. In a large nonstick skillet over medium heat, cook bacon, flipping once, until just beginning to crisp, 5 to 7 minutes. Transfer to a plate. Whisk together eggs, ⅓ cup water, 2 tablespoons kimchi juice, 1 tablespoon soy sauce, brown sugar, and 1 teaspoon sesame oil; stir in kimchi, scallions, and flour just to combine.

2. Remove bacon fat from skillet. Add oil; heat over medium. Working in two batches, pour about ½ cup batter into skillet for each pancake; top each with 3 pieces of bacon. Cook until just set around edges and undersides are golden, 2 to 3 minutes. Flip and cook 1 to 2 minutes more. Transfer to a rimmed baking sheet lined with a wire rack. Stir together remaining 1 tablespoon soy sauce, 2 tablespoons kimchi juice, and 1 teaspoon sesame oil. Serve pancakes with bok choy and cucumbers, drizzled with soy mixture.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. | **SERVES:** 4

Steak-and-Egg Tacos

- **12 ounces skirt steak, cut into 3-inch pieces and patted dry**
- **2 teaspoons chili powder, plus more for serving (optional)**
- **Kosher salt and freshly ground pepper**
- **2 tablespoons vegetable oil**
- **1 tomato, seeded and chopped (1 cup)**
- **1 cup fresh cilantro leaves and tender stems, chopped**
- **8 corn tortillas (each 6 inches)**
- **4 large eggs, whisked**
- **Crumbled queso fresco and lime wedges, for serving**

1. Sprinkle steak with chili powder and season generously with salt and pepper. Heat 1 tablespoon oil in a large, heavy skillet (such as cast iron) over high until just smoking, 1 to 2 minutes. Working in batches, add steak and cook, flipping once, until well browned and just cooked through, 1 to 2 minutes a side. Transfer to a plate; tent with foil.

2. Combine tomato and cilantro; season with salt and pepper. Blister tortillas over an open flame and wrap in a clean towel to keep warm. Heat a small nonstick skillet over medium and swirl in remaining 1 tablespoon oil. Add eggs, season with salt and pepper, and cook, stirring often, until just set, about 2 minutes; remove from heat. Slice meat against the grain, then chop into bite-size pieces. Serve in tortillas with eggs, tomato mixture, queso fresco, and more chili powder, with lime wedges alongside.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 40 MIN. | **SERVES:** 4

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| POTLUCK |

Learn by Heart

We're all craving an adventure right now, and a quick route to one is taking a class with League of Kitchens. Students step (virtually) into the home of one of its female instructors in NYC, and cook along as she prepares an authentic dish from her heritage. We recently logged in for a lesson.

TEXT BY CLAIRE SULLIVAN

Our food editors were thrilled to fire up their webcams together for a taco tutorial with Angie Vargas, a native of Monterrey, Mexico. Other League of Kitchens teachers come from Argentina, India, Iran, Greece, and more. To find upcoming classes, visit *leagueofkitchens.com*.

WHEN LISA GROSS FIRST LIVED on her own after college, working as an English teacher, she tried to re-create her grandmother's Korean dishes, but they never tasted quite the same. "I realized that most culinary knowledge is passed down among women, in an oral tradition," she says. In 2014, after completing her master's in participatory public art, Gross set out "to give these women a bigger audience," and launched League of Kitchens with six hosts hailing from around the globe. The workshops went virtual last March, offering welcome community during the pandemic. "We've had families and groups of former college roommates use it to connect from around the country," says Gross. "Most of us can't have new experiences right now, so it's magical to discover something at home."

THE POWER OF TOUCH

In her taco class, Vargas teaches students to use their hands to feel if the dough needs adjustments. She adds water to dampen it, or more masa harina to dry it out, until the texture resembles soft Play-Doh. Once they're cooked, she fills them with steak, guacamole, and salsa verde.

¡VAMOS!

Hover your smartphone camera here to watch Vargas's crash course, or visit *marthastewart.com/corntortillas*.

Homemade Corn Tortillas

- **3 cups masa harina (instant corn masa flour), such as Maseca (available in grocery-store international sections)**
- **1 teaspoon fine sea salt**
- **3 tablespoons vegetable oil, such as corn**

1. In a bowl, mix masa, salt, and oil with your fingers, working oil into flour. Slowly add 3 cups water; stir with your hands to combine. Knead dough until it comes together in a smooth ball and no longer sticks to your hands. If it's too dry or wet, add water or masa by the tablespoon.

2. Cut two 6- or 8-inch rounds (matching your press size) out of a plastic bag (to keep dough from sticking when you press it). Heat a nonstick griddle or cast-iron pan over medium, 10 minutes.

3. Roll a golf-ball-size piece of dough between your palms; gently press flat. Place one plastic round on the bottom of the press and the other on top of dough; press firmly. (Or roll dough between plastic rounds with a rolling pin.) Remove top plastic, slip tortilla into one hand, then flip onto other hand. Peel off bottom plastic and flip dough onto griddle. Cook until golden in spots, 1 to 2 minutes. Flip; cook 1 minute more. Transfer to a clean kitchen towel; keep covered. Repeat with remaining dough. Tortillas can be refrigerated in a resealable bag. To reheat, wrap in a damp paper towel and microwave until warm.

ACTIVE/TOTAL TIME: 40 MIN. | **MAKES:** 24

PHOTOGRAPHS COURTESY OF LEAGUE OF KITCHENS (VARGAS), APPLE (LAPTOP); PHOTOGRAPH BY SHIRA BOCAR, FOOD STYLING BY GREG LOFTS, PROP STYLING BY SUZIE MYERS (TACOS)

PHOTOGRAPH BY JENNY HUANG

COUPLE'S CHOICE
You can bake this dessert in one dish to share, or divide it between two small ramekins.

| SWEETS |

Smooth Talk

Opposites attract in this elegant Valentine's Day dessert. While the vanilla custard (made from a few simple ingredients) is delicate and creamy, the espresso-inflected caramel sauce comes on with stronger flavors. One silky spoonful, and you'll agree they bring out the best in each other.

TEXT BY CLAIRE SULLIVAN RECIPE BY LAURYN TYRELL

Coffee Crème Caramel

- ¾ cup sugar
- ¼ teaspoon plus a pinch kosher salt (we use Diamond Crystal)
- 1 tablespoon espresso or strongly brewed coffee
- ½ vanilla bean, split, or 1 teaspoon vanilla extract
- 1 cup half and half
- 2 large eggs, plus 1 large yolk

1. In a small saucepan, stir together ¼ cup sugar, pinch of salt, and 1 tablespoon water. Cover and cook, without stirring, over medium heat until sugar has dissolved and mixture is bubbling, about 2 minutes. Remove lid; continue to cook, swirling occasionally, until amber, about 2 minutes more. Remove from heat; carefully stir in coffee (mixture will bubble). When bubbling subsides, pour caramel into a 3-cup ceramic dish, or divide between two 4-inch ramekins. Tilt to completely coat bottom and halfway up sides. Let cool completely at room temperature, about 30 minutes.

2. Preheat oven to 325°. Scrape vanilla seeds into a clean small saucepan; add vanilla pod, half and half, and ¼ cup sugar. Heat over medium until bubbles form around edges; remove from heat. In a bowl, whisk together eggs and yolk, and remaining ¼ cup sugar and ¼ teaspoon salt. Slowly whisk into hot half-and-half mixture. Strain through a sieve.

3. Pour into dish coated with caramel. Place in a roasting pan on center rack of oven; add boiling water to reach halfway up sides of custard dish. Bake until custard is set around edges and still slightly jiggly in center, 35 to 40 minutes. Remove from water bath and let cool completely, then refrigerate, uncovered, at least 2 hours and up to overnight. Run a thin, flexible knife around edge of crème caramel to release it. Place a serving plate on top, flip to unmold, and serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 3 HR. 5 MIN., PLUS COOLING | **SERVES:** 2

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY JENNY HUANG

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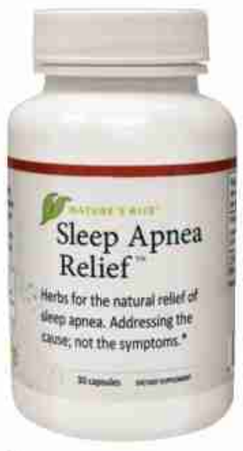

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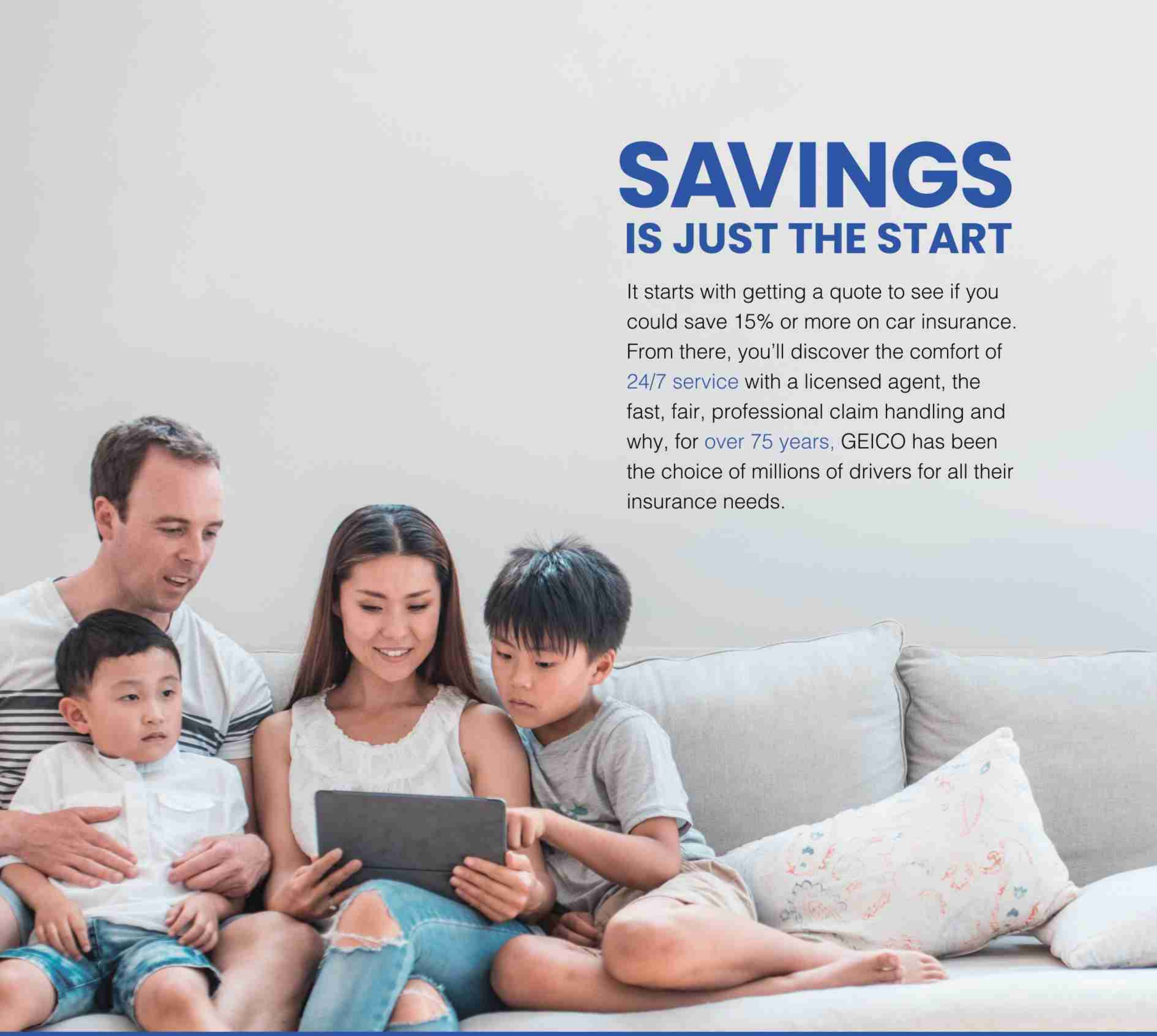

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January/February

"The horizon leans forward,
Offering you space to place new
steps of change."

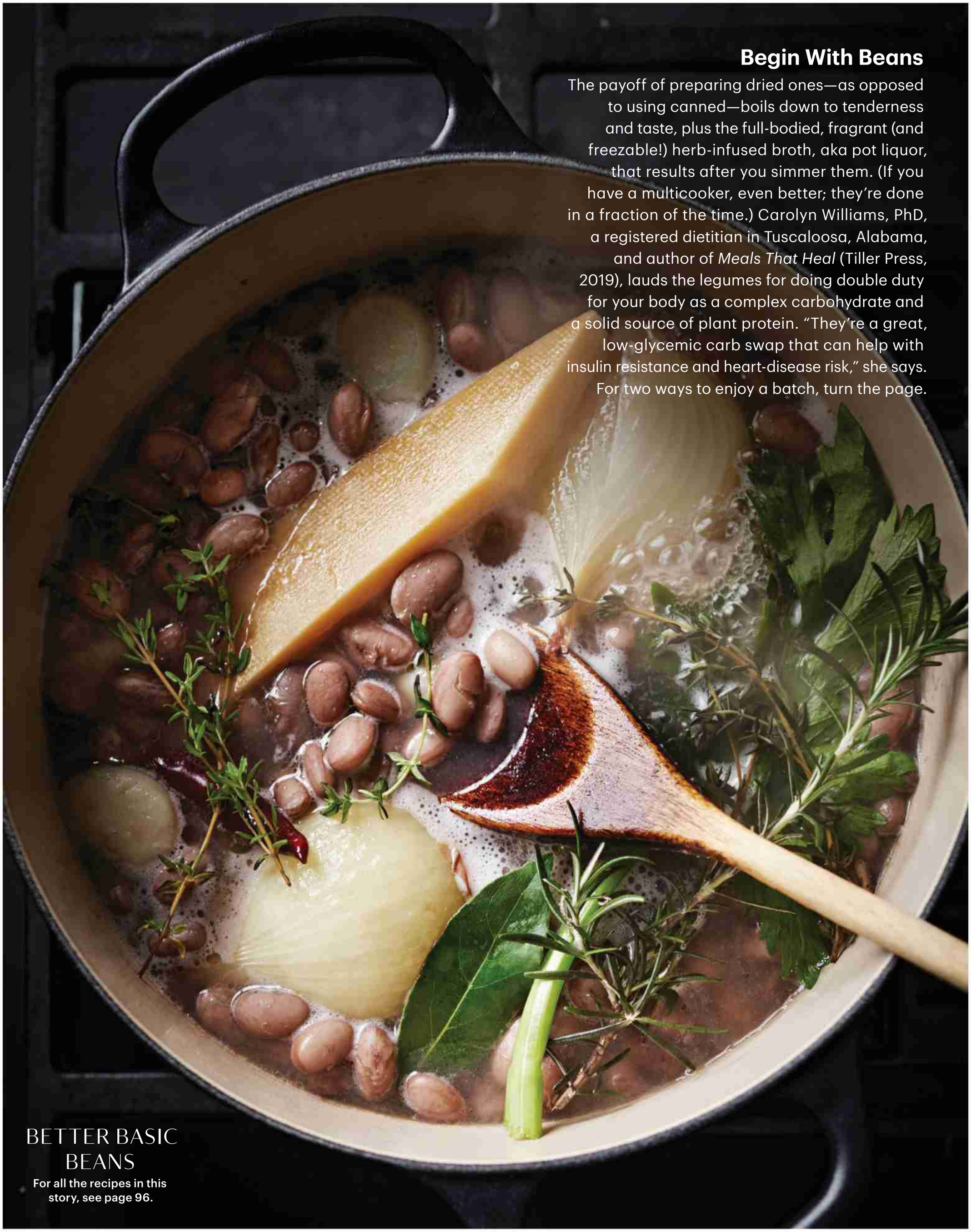
—Maya Angelou, "On the Pulse of Morning"

PHOTOGRAPH BY JOHN DOLAN

cozy VEGETARIAN

There's an abundance of reasons to eat more meat-free meals: reduced risk of cancer and chronic diseases, lower greenhouse-gas emissions, less-expensive grocery bills, and more opportunities for land conservation. But the best incentive of all? They're simple and delicious, even in the colder months. Round up these great-for-you foods—beans, grains, vegetables, tofu, and mushrooms—and enjoy them anew in our recipes.

PHOTOGRAPHS BY CON POULOS
TEXT BY CHERYL SLOCUM RECIPES BY SHIRA BOCAR

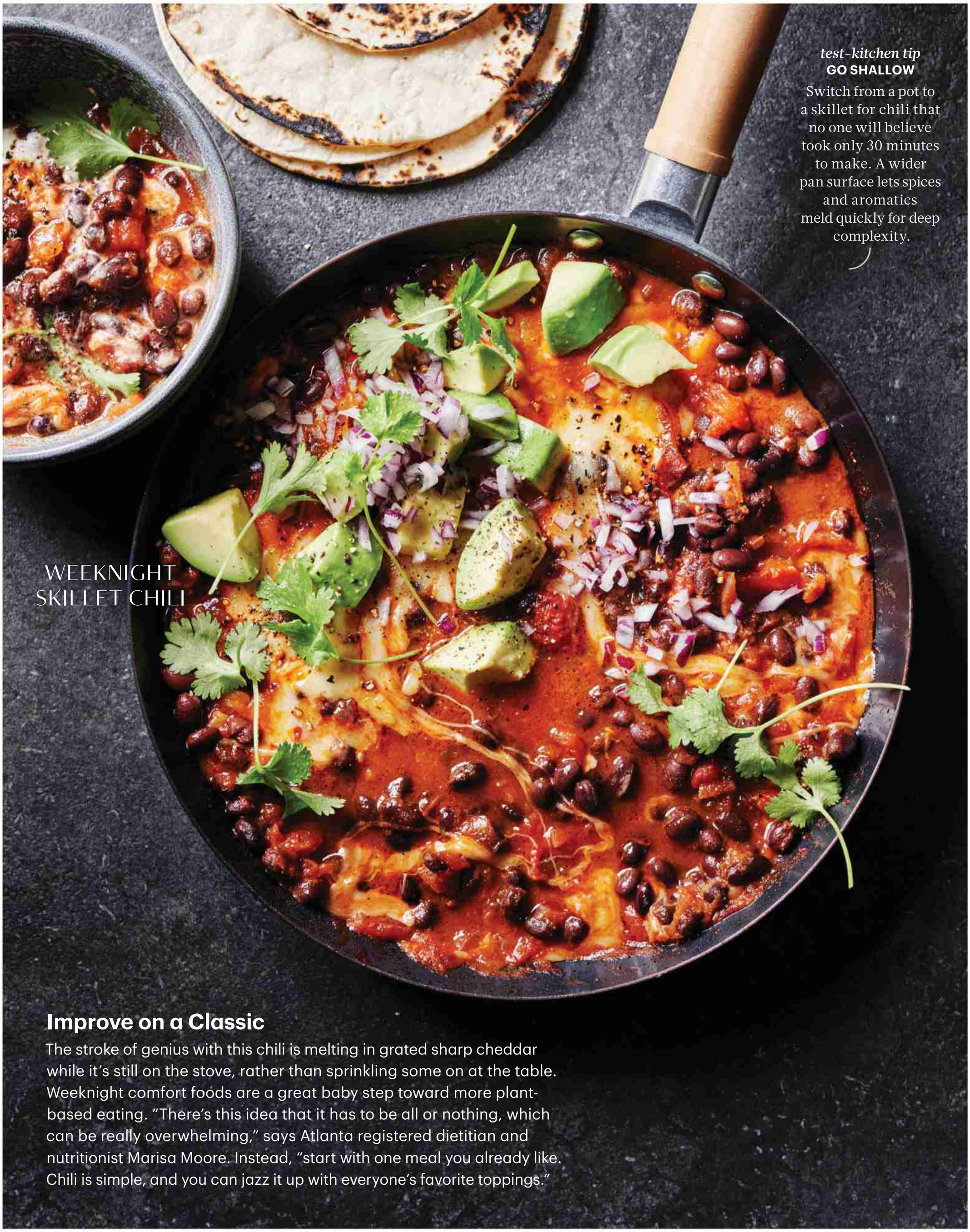


Begin With Beans

The payoff of preparing dried ones—as opposed to using canned—boils down to tenderness and taste, plus the full-bodied, fragrant (and freezable!) herb-infused broth, aka pot liquor, that results after you simmer them. (If you have a multicooker, even better; they're done in a fraction of the time.) Carolyn Williams, PhD, a registered dietitian in Tuscaloosa, Alabama, and author of *Meals That Heal* (Tiller Press, 2019), lauds the legumes for doing double duty for your body as a complex carbohydrate and a solid source of plant protein. "They're a great, low-glycemic carb swap that can help with insulin resistance and heart-disease risk," she says. For two ways to enjoy a batch, turn the page.

BETTER BASIC BEANS

For all the recipes in this story, see page 96.



test-kitchen tip
GO SHALLOW

Switch from a pot to a skillet for chili that no one will believe took only 30 minutes to make. A wider pan surface lets spices and aromatics meld quickly for deep complexity.

WEEKNIGHT SKILLET CHILI

Improve on a Classic

The stroke of genius with this chili is melting in grated sharp cheddar while it's still on the stove, rather than sprinkling some on at the table. Weeknight comfort foods are a great baby step toward more plant-based eating. "There's this idea that it has to be all or nothing, which can be really overwhelming," says Atlanta registered dietitian and nutritionist Marisa Moore. Instead, "start with one meal you already like. Chili is simple, and you can jazz it up with everyone's favorite toppings."

Get Generous With Greens

A handful of ingredients and lightning-fast: That's enough to sell this elegant lunch or supper of garlicky Swiss chard and beans stewed in pot liquor. But it's a nutritional layup, too. Dark leafy vegetables (kale and mustard greens also work here) contain the phytochemicals lutein and beta-carotene, which give them their taste and color and also have powerful anti-inflammatory benefits, says Williams. Spoon the mixture over toasted rustic bread, and energize it with a squeeze of lemon.

BROTHY BEANS AND GREENS ON TOAST

WINTER
COBB SALAD

test-kitchen tip
FLEX WITH FUNGI

Shiitake crisps aren't hard to make, but watch them carefully once they're close to done: They go from burnished to burnt in seconds. Sprinkle extras on eggs or baked potatoes with sour cream (they're your new "bacon" bits).

test-kitchen tip
PACK MORE PROTEIN

Double up on this recipe: The tofu slices are also tasty in sandwiches and grain bowls. Just recrisp them under the broiler for a minute or two, flipping once.

Make a Statement Salad

Even tofu-phobes will love the salty-smoky, just-off-the-rotisserie flavor of the baked bites in this Cobb salad. The secret is nuanced seasoning from tamari (an earthier version of soy sauce) and smoked paprika. In lieu of bacon, we crisped strips of shiitake mushrooms in the oven until irresistibly golden. Arrange those savory elements, along with creamy avocado, sweet cherry tomatoes, hard-cooked eggs, and pungent blue cheese, on a bed of Tuscan (aka lacinato) kale. A splash of basic red-wine vinaigrette completes the hearty—and heart-friendly—feast.

ILLUSTRATIONS BY BROWN BIRD DESIGN

Satisfy Serious Cravings

Yes, you can enjoy burgers and subs while prioritizing plants. "Just look for ingredients that give you the same umami and satiety that meat provides," Williams suggests. Say hello to our pan-fried portobello burger. The hidden surprise of melted cheese (another source for that famous fifth taste) inside the breaded 'shroom takes the pleasure even further, as does mayonnaise with a kick of fresh garlic and sherry vinegar on the toasted brioche bun. Option two: Our vegetarian take on banh mi sandwiches. For the filling, we roast eggplant slices brushed with a sweet-and-briny glaze of soy sauce, lime, rice vinegar, and garlic. They emerge creamy from the oven and counterbalance the tangy snap of quick-pickled carrot, radishes, and cucumber piled on top.

EGGPLANT "BANH MI"

CHEESE-STUFFED PORTOBELLO BURGER

the technique
BUTTERFLY YOUR "BURGER"

We use the classic butcher's approach to form our portobello patties. Leaving one side attached makes dredging the cheese-filled mushroom easier.

1

Roast the caps to concentrate their flavor and make them tender, then place them, gill-sides down, on a work surface. Position a sharp, thin knife at the midway point on one side. Slice horizontally through the cap, stopping three-fourths of the way through to make a top flap that stays attached to the bottom half.

2

Open the flap and tuck the cheese inside. Close, bread the patty, and fry.

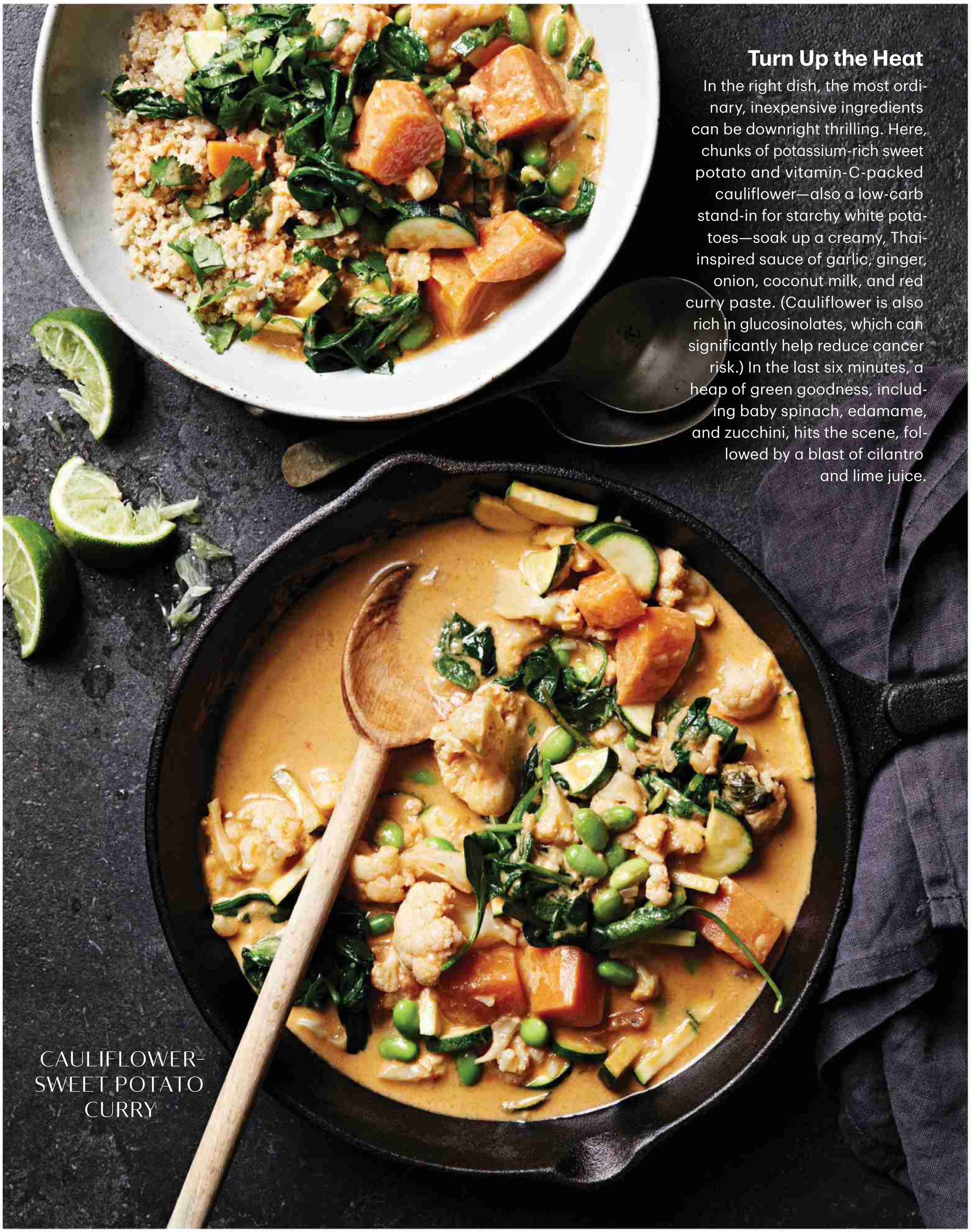
VEGETARIAN BUCATINI BOLOGNESE

kitchen tip
VARY THE VINO

Bolognese often calls for white, but dry sherry (a fortified, aged wine) brings depth and nutty notes. Grab a bottle from the wine section, not the condiment aisle. It'll last a month in the fridge.

Empower Your Pasta

Finely chopped cremini mushrooms really, well, beef up our meat-free Bolognese. Translation: This sauce is thick! It coats and clings to noodles, and is an excellent base for lasagna. Use extra for meals on the fly. You can quickly combine it with fiber-rich grains (they're essential for good gut health, Moore says) to bake inside bell peppers, or serve it on sliced, sautéed polenta rounds.



Turn Up the Heat

In the right dish, the most ordinary, inexpensive ingredients can be downright thrilling. Here, chunks of potassium-rich sweet potato and vitamin-C-packed cauliflower—also a low-carb stand-in for starchy white potatoes—soak up a creamy, Thai-inspired sauce of garlic, ginger, onion, coconut milk, and red curry paste. (Cauliflower is also rich in glucosinolates, which can significantly help reduce cancer risk.) In the last six minutes, a heap of green goodness, including baby spinach, edamame, and zucchini, hits the scene, followed by a blast of cilantro and lime juice.

CAULIFLOWER-SWEET POTATO CURRY

ART DIRECTION BY JAMES MAIKOWSKI; STYLING BY STEVE PEARCE

NEW HEIGHTS

Mom of three Courtney Winslow loves how the oversize living room windows by Marvin "bring nature inside." A neutral B&B Italia sofa, Lawson-Fenning armchairs, and a Brooklyn Home Company coffee table form a serene sitting area; Intiearth alpaca pillows and throws add softness. The sculptural wrought-iron Voila Gallery lamp is welded to the gas fireplace, which has a pietra-cardosa surround.

FREE FLOW

Courtney pads down the wide main hall, which is framed by reclaimed-wood beams from a 19th-century barn, while her daughter, Mae, pulls up to the kitchen island. The walls are painted in Benjamin Moore Super White, which interior designer Lyndsay Caleo Karol used throughout the home. The chandelier is by Workstead, and the rug is from ABC Carpet & Home.

THE *Comeback* KIDS

They grew up near snowy Rochester, New York, but stretches in Los Angeles and Brooklyn put indelible stamps on this family's way of living. When they returned home with young children in tow, they brought the energy of both places with them, and filled their new house with light, color, and creativity.

PHOTOGRAPHS BY CHRISTOPHER CHURCHILL | TEXT BY KELLY DAWSON

GRAND CENTRAL

Cash (far left), Courtney, Mae, and Matt hang in the kitchen, where most of their meals and homework happen. The Carrara-marble counters and backsplash, custom cabinetry (painted in Benjamin Moore Super White, like the walls), and shelves of John Derian and Crate & Barrel dishes impart calm, no matter how busy life gets. The Donabe clay pot on the range is from Roman & Williams Guild, the Modo chandelier is from Roll & Hill, and the stools are by Makr.

WHEN COURTNEY AND MATT WINSLOW DECIDED to move back to their hometown, they really doubled down. Both were raised just outside Rochester, New York, and each stayed nearby for college, which is when they met and started dating. Soon after graduation, they headed west, trading cold, gray winters by Lake Ontario for sunny Santa Monica, California, where they had their first son, Cash, now 12, and spent the next decade. In 2009, a job opportunity for Matt brought the family back east, to Brooklyn's Park Slope. But when their daughter, Mae, now 9, arrived a year later, the couple—much to their own surprise—felt the pull of the suburbs and their loved ones. Suddenly, they were Rochester-bound.

"We knew right where we wanted to live, and looked for a newer build that didn't need a lot of work," says Matt, the cofounder and managing partner of the hospitality firm Long Weekend. Since most homes in the area are older and more traditional, this was a long shot. But luckily for them, an early-2000s contemporary with four bedrooms and an open floor plan popped up quickly. It was set on a quiet cul-de-sac, and backed up to the even quieter Country Club of Rochester golf course. And—the clincher—the neighbors included Courtney's folks two houses down, and Matt's mom around the corner.

As for not doing a lot of work, well, an opportunity in 2013 changed their minds, says Courtney, a former therapist and writer. The house next door, which was in pretty bad shape, went on the market. So they snapped it up and tore it down, with the inklings of an expansion plan in mind: "We were missing the brightness and lightness of Santa Monica," says Matt. "We also wanted to combat the upstate New York weather, and add spaces where we could all stretch out."

To realize their vision, the couple hired their childhood friend Lyndsay Caleo Karol, a creative director at the Brooklyn Home Company who'd worked on their Park Slope apartment. When she suggested opening up the main floor into the attic and building out a lower level with a four-season "gym," they went for it. The reno also moved the kitchen, enlarged the parents' suite, and—after the Winslows learned of the pending arrival of their third child, Knox, now 6—nimbly added a bedroom. When the work was finished in 2015, their place quickly became the cul-de-sac clubhouse. "We still have a lot of childhood friends nearby, and now they have families, too," says Courtney. "Before the pandemic, it wasn't unusual for there to be a dozen kids and their parents here on a Saturday." After this extended time-out, they'll be happy to get back in the game.

FULL COURT

It may not look like a gym, but this refined rec room can handle pickup basketball games one minute (yes, there's a full-size hoop at the other end) and host a sleepover the next. Caleo Karol worked with Hope's Windows on hurricane-rated panes that can take literally anything the kids throw at them. She put the ash coffee table and sofas (which have washable linen slipcovers), both by the Brooklyn Home Company, on casters to make way for floor-hockey and soccer scrimmages. The Leonard Urso painting, plaster fireplace surround, Faustina Pace pillows, and Hans Wegner Circle chairs add adult polish.

JUNIOR CLASS

Above: **The mudroom off the kitchen has cubbies with baskets, Rejuvenation hooks, and a ledge for family photos. A Serena & Lily step stool gives little ones a leg up. The Granada Tile concrete floor offsets the straight lines of the built-ins and holds up nicely to tramped-in snow.** ***Left, from top:*** **A custom lofted bed in Knox's room offers a guest bunk up top and a place to play with action figures or "hide from mom" below, says Courtney with a laugh. The opposite wall features Cavern Home Tapestry wallpaper and plush "taxidermy" pieces the couple found at a local shop; the bed is from Crate & Barrel. In Mae's room, a John Robshaw bed and bedding create a cheerful focal point; the Tambour Bird Cage lamp on her nightstand is from Couleur Locale.**

SHELF LIFE

The children's rooms are all on the lower level. While adding the bedroom there for 6-year-old Knox, Caleo Karol carved out a nook for quieter pursuits. "It would have been a hallway otherwise, so it was the perfect spot for a children's library," she says. Slim custom ledges allow the covers to face out like works of art—and make it easy to find favorites. An Arne Jacobsen Egg chair and Jonathan Adler rug and pillow make story time very stylish.

ZEN MODE

In Matt and Courtney's bathroom, a Visual Comfort Hicks pendant light hangs over the Signature Hardware iron bathtub. C&C Milano linen curtains, mounted close to the ceiling, draw eyes upward and frame the woodland view. The stool and rug are from Roman & Williams Guild; the latter brings warmth and cushioning to the Ann Sacks Bellarita honed-marble tile floor.

ART DIRECTION BY RYAN MESINA; STYLING BY LILI ABIR REGEN

PACIFIC TIME

Preteen Cash was born in Los Angeles, so Caleo Karol wanted to give his room a colorful West Coast vibe. She covered the back wall in painted cherry-wood panels by San Francisco artist Rex Ray for B+N Industries. The dresser is from Houzz, the stools are from Serena & Lily, and the bedding is by John Robshaw. His bedside lamp was a gift from Courtney's mom.

GUTTER CREDIT

FAB SLABS

THERE ARE FEW THINGS MORE SPONTANEOUSLY FESTIVE AND WINTER-BLUES-BUSTING THAN ENJOYING A PIECE OF CAKE—AND THESE SINGLE-LAYER TREATS ARE EASY ENOUGH FOR EVEN BEGINNERS TO MAKE ANY DAY OF THE WEEK. SEE HOW ONE CLASSIC RECIPE CAN BE WHIPPED UP IN EIGHT DELIGHTFUL WAYS.

PHOTOGRAPHS BY CON POULOS
TEXT BY CHRISTIAN WRIGHT
RECIPES BY JESSICA BROOK

Soaring Feats

The key to every confection on these pages is a batter made extra-light and airy by beating the eggs with sugar until voluminous, then adding the dry ingredients, as well as melted butter for extra richness. This beauty gets its flavor from fresh lemon zest, and its stature from not-too-sweet meringue. (More than half of the sugar gets boiled into a syrup that you beat into egg whites—the result is cool, thick, and silky.) Dollop tons on top for a dramatic one-to-one ratio, and if you don't have a blowtorch, brown the peaks with a quick blast under the broiler.

LEMON-MERINGUE SLAB CAKE

For all the recipes in this story, see page 99.

ORANGE-AND-POPPY-SEED SLAB CAKE

Sweet Spots

Especially springy and boldly citrusy, this recipe includes orange zest, sour cream, poppy seeds, and vanilla paste in the batter (vanilla extract works, too, but isn't as aromatic), and a splash of OJ in the luscious icing. To serve, shower with more poppy seeds and get creative when cutting: Small and large planks, slices on the bias, and even triangles are fair game in the slab-osphere. Leftovers will last about three days at room temperature in an airtight container.

Juicy Story

This banana-and-passion-fruit creation takes you to the tropics by way of Italy, where the vine-ripened fruit is used in sodas and all kinds of desserts. About a cup of mashed ripe banana adds moisture to the cake, so it's slightly denser than the others. Passion-fruit juice, made by pressing the pulp through a sieve, goes into the cream-cheese frosting for a fresh and naturally intense taste, and a pastel tint. Drizzle extra pulp on top for pop, just as an Amalfi girl might slip on a huge pair of sunglasses before zipping off on her Vespa. *La bella figura!*

»

BANANA SLAB CAKE WITH PASSION-FRUIT FROSTING

CHOCOLATE-PEANUT BUTTER SLAB CAKE

Hybrid Model

This sweet marries two great tastes that taste great together, just like its candy muse: Rich and tender chocolate cake, meet creamy peanut-butter frosting. Put your organic-PB impulses aside and go for a classic smooth variety, and plug in your mixer—manpower alone is not enough for maximum fluff. Scatter chopped peanuts along the edges for any crunchy fans in the house.

«

Slice of Life

A light chocolate cake is not a contradiction in terms; it's a splendid anytime snack. Here, some of the flour in our basic recipe is replaced with a half-cup of cocoa powder. Sour cream creates a tender crumb, and buttercream frosting gets whipped until airy with an electric mixer. Last but by no means least: Sprinkles make everything joyous. Don't be shy.

«

CHOCOLATE-SPRINKLE SLAB CAKE

COOKIES-AND-CREAM SLAB CAKE

Child's Play

A winner in ice cream aisles from coast to coast, this combination is incontestably kid-friendly. It's easy on grown-ups, too. Once the yellow-cake mixture is scraped into a buttered baking pan and smoothed with a spatula, you simply scatter broken Oreo cookies over the top for instant curb appeal—and instant gratification, since there's no need to dig with a spoon for the goods.

»

RED-VELVET
SLAB CAKE

Deep Ends

With less food coloring than traditional recipes call for, this red velvet looks more like an elegant mauve velvet; the balance of cocoa powder, butter, sugar, eggs, and sour cream gives it an almost fudgy flavor. Pro tip: For peak emulsion, make sure all the ingredients (except the warm melted butter) are at room temperature before you start whisking. Swoops of tangy cream-cheese frosting offset the cake's richness, as well as its striking hue.

STYLING BY STEVE PEARCE

A *Growing* MISSION

Looking Lively

In designer Leslie Bennett's 1,065-square-foot Oakland, California, backyard, concrete strips and clearly defined spaces provide calming structure and order for a kaleidoscope of foliage, edibles, and flowers. Plants like mounded *Pittosporum crassifolium* 'Compactum'; fuzzy, bronze-tipped *Kalanchoe beharensis;* and sword-like *Beschorneria albiflora* thrive all year long.

Three years ago, a gifted Northern California landscape designer embarked on a very personal endeavor: Black Sanctuary Gardens, a project dedicated to building lush outdoor spaces for Black women where they can retreat into nature, relax with loved ones, and replenish their creativity. Soon afterward, she dug into her own backyard and planted an Eden that enriches her in the same way. Kick off your shoes, and come on in.

PHOTOGRAPHS BY RACHEL WEILL | TEXT BY JULIE CHAI

ENTERING LESLIE BENNETT'S backyard in Oakland, California, is like walking through a door to another world. Blue sky-flower and passion-fruit vines climb overhead. Bamboo, 'Icee Blue' podocarpus, and red-leaf banana blur the property lines. And beds packed with edibles, including guava, apple, pomegranate, and fig trees, offer a pluckable feast in any season. To say it's an oasis in this sprawling city neighborhood is not an overstatement. The celebrated landscape designer and contractor intentionally planned her home garden so that every square inch of it delights the senses, and many of the plants honor her family's Jamaican and British heritage.

For Bennett, the founder and owner of Pine House Edible Gardens, a Bay Area firm that specializes in planting produce in ornamental landscapes, having an outdoor retreat where she can unwind, enjoy meals, and gather with her family and friends is vital. A former attorney focused on land use and cultural-property law, she first experienced the way gardens improve a person's well-being in the late aughts, when she took gardening classes and apprenticed on an organic farm. The experiences unveiled a vibrant new world to her, and in 2010 she took a daring leap, leaving her legal career to start her own horticulture firm.

"I believe in the healing power of gardens," she says. "They're spaces where we can explore who we are and where we come from with plants that make us happy, that are culturally meaningful, and that we can use every day." Bennett also believes that every Black woman should have such a place, so in 2018 she launched the Black Sanctuary Gardens project, a series of private landscapes her firm designs, buys plants for, and installs at cost. (She donates her own time, and additional funding comes via an equity surcharge that's included in her standard client pricing, as well as contributions from the public.) So far, the process has been informal: Local women contact Bennett, and she selects projects based on what she will be able to complete successfully within the budget set by her and the owner. She has installed three in Oakland, with several more in progress. She's also partnered with other California designers, who've volunteered their services to expand the program. "Each garden I make can be a site for transformative change, and that can ripple out societally," she says.

Bennett's own yard, which she completed in collaboration with her colleague Holly Kuljian in September 2019, is a hardworking haven. "I wanted a lot out of this space: raised beds for veggies, a bit of grass for my kids, a couch to lie down on, a dining table, and an area for cut flowers," she says. And then, of course, there's the riot of greenery and blooms

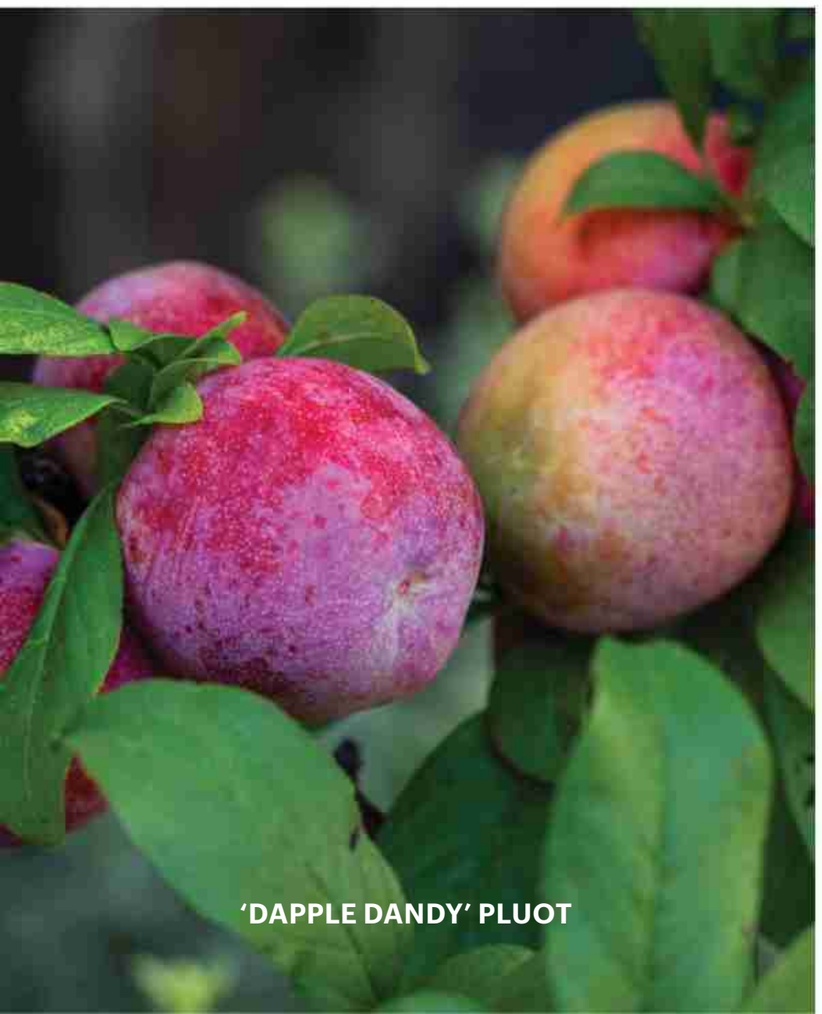
PASSIFLORA EDULIS 'FREDERICK'

Evening Escape

The garden's dining area is sheltered by a guava tree that fruits each winter; it sits right next to overflowing beds of callaloo, eggplants, green beans, and strawberries. *Opposite, top*: Bennett kicks back with her son, Samuel, and her daughter, Zeta, who munches on a just-picked strawberry. "I get so much joy seeing them run around, dig holes, and literally chase butterflies—the things that kids are supposed to do, but are harder to come by in an urban environment," she says. *Bottom:* Passion fruit is a family favorite; Bennett also makes tea from its leaves.

‘LADY OF SHALOTT’ ROSE

RED-LEAF BANANA TREE



‘DAPPLE DANDY’ PLUOT

Cool Comfort

Bennett’s personal spot is a sitting area under a custom metal-and-wood arbor. “This year especially, I don’t know what I would do without it,” she says. *Left, from top*: Roses reflect her English roots, bananas are a nod to Jamaica, and pluots remind her of her California childhood.

celebrating her innermost circle. Both Bennett’s father and her husband, Linval Owens, a gardener, are from Jamaica; her mother is from England; and Bennett herself grew up in Palo Alto. “I made a list of all the plants that tell the story of my family,” she says. “My mom always talked about hunting for elderberries and making rhubarb compote; she also had roses. My dad made fevergrass (also known as lemongrass) tea and had passion fruit, banana, and guava. I grew up eating apple pie and peach cobbler. My parents gave us a strong sense of identity, and I really wanted to be able to do that for my children.”

On any given Saturday, she’ll check for fresh fruit and vegetables to harvest, lounge on the sofa beneath her sweetly scented *Brugmansia* shrub, and watch her 2-year-old daughter, Zeta, color with sidewalk chalk and her 5-year-old son, Samuel, look for insects and feed the birds. “It’s the happiest place in my life,” Bennett says—and a living model for her mission. “The more I can create spaces that are safe, supportive, and restorative for Black women and their communities, the more likely I am to see a future that includes happy, rested, joyful Black people,” she says. “This is the world that I want to see, so I’m dedicating myself to building it.”

Bold Bounty

In the sunniest area in her yard, Bennett built two 10-foot-long raised beds, with ledges where she can place tools or a basket, or just sit. She filled them with textural edibles like African blue basil, scented geraniums, tomatoes, and 'Alaska' nasturtiums, which she tosses into dishes all the time. "It's my job to see a space's potential and what it can do for people's lives," she says. "In my Black Sanctuary Gardens, I'm holding that vision, with Black women at the center." To learn more, visit *pinehouse ediblegardens.com/black-sanctuary-gardens*, or *@blksanctuarygardens* on Instagram.

TAP A HEALING POWER

A rose-petal bath is the stuff of Hallmark movies and honeymoon suites. But this fragrant soak does a lot more than set the mood. It combines dried roses, calendula, and blue cornflowers with essential oils and mineral-rich Epsom and pink Himalayan salts to melt stress—a true fantasy scenario. To adorn the vials, put drops of water on whole blooms to stick them to the inside of the glass, then fill, cork, and seal with our custom labels. For all the recipes and how-tos in this story, see pages 101 and 102.

Say It With Flowers

There's never been a finer moment to show your family and friends how much you love them. This Valentine's Day, think beyond the fleeting bouquet, and deliver their perennial favorites in the form of wildly pretty (and fully wiltproof) DIY gifts.

PHOTOGRAPHS BY RYAN LIEBE TEXT BY PETRA GUGLIELMETTI
CREATED BY NAOMI DEMAÑANA

OFFER A LIFT

To brighten someone's table, "arrange" pressed blooms and découpage them onto a tray. The trick to nailing a 2-D bunch that's lush yet composed is to place the flowers first, then pick them up one at a time, brush the backs gently with craft glue from the centers out, and plant each back in position. Add a trailing ribbon, and protect your work with several coats of découpage glue or clear resin on top. For extra credit, gift it with blooming chrysanthemum tea. See page 102 for sources.

TREAT YOUR SWEETIES

These delicate sugared flowers will make their hearts flutter before they even take a bite. You can get a variety of edible blooms online: Roses, princess flowers, violets, and pansies are readily available. Just brush them with egg whites, sprinkle on superfine sugar, and let set overnight. Then arrange them on equally swoon-worthy treats, like iced cookies, cupcakes, or our orange-blossom-glazed baked donuts.

PLANT ONE ON

Floral-print linen can elevate a standard terra-cotta pot. To add fresh petals, simply slip a peak-season hyacinth or tulips (in their original vessel) inside. If you want to repot the blooms in the pretty container, leave the saucer fabric-free for watering. Another idea: Put bulbs in a DIY bag for a future garden. No sewing skills are required for either project—for the pot, cut the fabric to fit, adhere it with glue, and brush a few coats on top to seal and make it water-resistant. Then whip up the pouch with iron-on fusible web.

THE DETAILS: Hokkoh Poppies linen, *in Orange and in Blue, $40 a yd., stonemountainfabric.com.*

CAPTURE A MOMENT

These roses will look fresh for months, because they were freeze-dried in full bloom. Order a couple from a florist—they're doing lots of dried arrangements these days—or source them online. The blossoms typically come without stems (since those are harder to freeze), so we poked green floral wire into the bottom of each to make them, and secured and covered it with matching floral tape. To arrange, place a flower frog in a vessel, insert the roses, and fill them out with dried bougainvillea, ferns, seedpods, and grasses. Consider covering smaller arrangements with a protective glass cloche.

THE DETAILS: Preserved rose heads, *in assorted colors, $24 for 8, usapartysales.etsy.com; or $6.50 each, wowbouquets.etsy.com.* **Preserved red roses,** *4", in Burgundy Red, $17 each, quickcandles.com.* **Dried lavender bougainvillea,** *$27 for 3 bunches, bulkwholesaleflowers.com.*

SEAL THE DEAL

Pressed flowers in an enchanting ring or mandala pattern transform plain painted wooden boxes into keepsakes. Choose specimens that naturally lie flat, like pansies, and plot your design. Then pick up one at a time, paint a little glue on its spot on the box, replace the flower, and brush it with glue, from the center out. Finish with several allover protective coats. As everything dries, visible brushstrokes will vanish.

THE DETAILS: ArtMinds unfinished wooden box, *21 by 20.5 by 4.5 cm, $6.50, michaels.com.* **DIY unfinished round wooden boxes,** *4", $18 for 12, orientaltrading.com.* **Suri Urushi One Tier Magewappa large oval bento box,** *$39, en.bentoandco.com.* **Milisten unfinished round wooden box,** *6", $12, amazon.com.*

ART DIRECTION BY ABBEY KUSTER-PROKELL; FOOD STYLING BY RILEY WOFFORD

The Workbook

| RECIPES, HOW-TOS, AND SOURCES FROM THIS ISSUE |

GOOD THINGS

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Movie-Theater-Style Popcorn

- **3 tablespoons vegetable oil**
- **3 tablespoons unsalted butter**
- **⅔ cup popcorn kernels**
- **1½ teaspoons kosher salt (we use Diamond Crystal)**

Combine all ingredients in a medium heavy pot (preferably cast iron). Heat over high, stirring, until butter melts. Cover, reduce heat to medium-high, and cook, undisturbed, until kernels begin popping rapidly. Offset lid to create a ⅛-inch vent along one side of pot; continue cooking until popping begins to subside, about 2 minutes. Transfer popcorn to a large bowl; toss until cooled slightly, about 2 minutes. Serve.

SPICY MAPLE VARIATION

Reduce butter to 2 tablespoons and salt to 1 teaspoon. Stir together 2 tablespoons pure maple syrup, 1 tablespoon sugar, and a pinch of cayenne pepper; quickly add to pot once kernels begin to pop and shake vigorously a few times to evenly coat.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 10 MIN.
MAKES: ABOUT 12 CUPS

COZY VEGETARIAN

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Better Basic Beans

Keep a kettle of hot water nearby as you simmer to replenish the pot as needed. For more flavor, add any of these: large outer celery leaves; a Parmesan rind; woodsy herbs like rosemary, sage, and thyme; or a small dried chile. Extra bean-cooking liquid makes an excellent vegetable stock; it can be frozen in an airtight container for up to three months.

- **1 pound dried beans, such as borlotti, scarlet runner, white, black, kidney, or pinto**
- **1 small onion, peeled and halved through root end**
- **4 cloves garlic, peeled**
- **1 dried bay leaf**
- **Kosher salt**

Cover beans with 2 inches water; soak overnight in the refrigerator. Drain and transfer to a large pot or Dutch oven; cover again with 2 inches water. Add onion, garlic, bay leaf, and 2 teaspoons salt. Bring to a boil, then reduce heat to a simmer; skim and discard foam. Cook, adding more hot water as needed to keep beans fully submerged, until tender and cooked through, about 1 to 1½ hours, depending on type and freshness. Season to taste toward end of cooking. Remove and discard aromatics. Let beans cool in cooking liquid, then refrigerate in cooking liquid in an airtight container up to 5 days, or freeze up to 3 months.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 2 HR., PLUS SOAKING | **MAKES:** ABOUT 2 QUARTS

Weeknight Skillet Chili

You can substitute ¼ teaspoon smoked paprika and ¼ teaspoon cayenne pepper for the chipotle.

- **2 tablespoons extra-virgin olive oil**
- **1 red onion, finely diced**
- **2 cloves garlic, minced**
- **Kosher salt**
- **2 teaspoons chopped chipotle in adobo**
- **2 teaspoons chili powder**
- **1 teaspoon ground cumin**
- **1 can (14.5 ounces) diced tomatoes**
- **3 cups cooked pinto, kidney, or black beans; or 2 cans (each 15 ounces) beans, drained and rinsed, plus 1 cup bean-cooking liquid or water**
- **6 ounces sharp cheddar, grated (1½ cups)**
- **1 avocado, pitted, peeled, and chopped**
- **½ cup fresh cilantro leaves or small sprigs**
- **Sour cream and blistered corn tortillas, for serving**

Heat oil in a large straight-sided skillet over medium. Reserve ¼ cup diced onion; add remaining onion to skillet along with garlic. Season with salt and cook, stirring, until tender, 4 to 6 minutes. Add chipotle, chili powder, cumin, and tomatoes with their juices; cook, stirring, 2 minutes. Add beans and cooking liquid; bring to a simmer. Cook until slightly thickened, 15 to 18 minutes. Season to taste. Sprinkle with cheese, cover, and cook until just melted,

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about 2 minutes. Remove from heat; top with reserved onion, avocado, and cilantro, and serve with sour cream and tortillas.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 40 MIN.
SERVES: 4

Brothy Beans and Greens on Toast

If you can't find chard, you can sub in 10 packed cups of roughly chopped kale, spinach, or mustard greens.

- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **3 cloves garlic, thinly sliced**
- **1 large bunch Swiss chard (1 pound), washed, stems separated and thinly sliced, leaves roughly chopped**
- **Kosher salt and freshly ground pepper**
- **1½ cups cooked beans, or 1 can (15 ounces) beans, drained and rinsed, plus ½ cup bean-cooking liquid or water**
- **Lemon wedges and toasted sliced rustic bread, for serving**

In a large skillet, heat oil and garlic over medium until garlic begins to sizzle, about 1 minute. Add chard stems and season with salt. Cook, stirring, until crisp-tender, 5 to 6 minutes. Add chard leaves, cover, and cook, tossing once, until bright green and just tender, about 3 minutes. Add beans and cooking liquid; simmer until heated through, about 30 seconds. Season to taste, drizzle with oil, and squeeze with lemon before serving over toast.

ACTIVE/TOTAL TIME: 20 MIN. | **SERVES:** 4

Winter Cobb Salad

- **4 large eggs**
- **¼ cup red-wine vinegar**
- **1 small clove garlic, minced**
- **Kosher salt and freshly ground pepper**
- **½ cup extra-virgin olive oil**
- **1 small bunch lacinato kale (8 ounces), stems removed, leaves sliced into ribbons (6 cups)**
- **1 avocado, pitted, peeled, and sliced**
- **1 cup cherry tomatoes, halved**
- **½ cup Crispy Shiitakes (recipe follows)**
- **1½ cups All-Purpose Baked Tofu (recipe follows)**
- **3 ounces blue cheese, crumbled**

1. Cover eggs with water in a small saucepan and bring to a boil. Remove from heat, cover, and let stand 8 minutes. Drain and rinse under cold water. Peel and slice in half.

2. In a medium bowl, whisk together vinegar and garlic. Season with salt and pepper. Slowly add oil, whisking until combined. Season to taste.

3. Season kale with salt and pepper; toss with half of dressing until evenly coated. Transfer to a platter and top with eggs, avocado, tomatoes, shiitakes, and tofu. Season to taste. Sprinkle with cheese, drizzle with remaining dressing, and serve immediately.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 35 MIN.
SERVES: 4

Crispy Shiitakes

Flip and stir the mushrooms a few times while roasting, especially toward the end of cooking, for even crispness.

- **8 ounces shiitake mushrooms, stems removed, cut into ¼-inch slices**
- **2 tablespoons extra-virgin olive oil**
- **Kosher salt and freshly ground pepper**

Preheat oven to 375°. Toss mushrooms with oil; season with salt and pepper. Transfer to a parchment-lined baking sheet, spread in an even layer, and roast, flipping once or twice, until crispy and golden brown, 40 to 45 minutes. Let cool completely on sheet. Store in an airtight container at room temperature up to 2 days.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 45 MIN.
MAKES: 1 CUP

All-Purpose Baked Tofu

- **1 package (14 ounces) extra-firm tofu, drained**
- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon reduced-sodium tamari or soy sauce**
- **½ teaspoon smoked paprika**
- **1 tablespoon cornstarch**

1. Cut tofu lengthwise through center; slice crosswise at six ½-inch intervals (so you end up with 12 squares). Arrange in a single layer on a baking sheet lined with several layers of paper towels. Top with more paper towels and another baking sheet; weigh down with canned goods. Press 10 to 30 minutes (more time will yield crispier edges).

2. Preheat oven to 400°. In a large bowl, stir together oil, tamari, and paprika. Add tofu; toss with a spatula to evenly coat all sides (it's okay if it breaks up a bit—that will make crispy bits). Sprinkle cornstarch over tofu and toss until evenly coated. Transfer to a parchment-lined baking sheet and bake, flipping halfway through, until crisp and golden brown, about 30 minutes. Serve warm, or let cool completely and refrigerate in an airtight container up to 5 days.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 50 MIN.
MAKES: ABOUT 1½ CUPS

Eggplant "Banh Mi"

This is inspired by the classic Vietnamese sandwich, but adapted for vegetarians. You can also use six-inch French rolls, ciabattas, or Italian sub rolls; avoid rustic-style baguettes with a thick, dense crust.

- **2 medium eggplants (1½ pounds total), stems trimmed, cut crosswise into 1-inch rounds (about 12 slices)**
- **Kosher salt**
- **2 tablespoons reduced-sodium soy sauce or tamari**
- **2 tablespoons fresh lime juice**
- **5 tablespoons unseasoned rice vinegar**
- **1 tablespoon plus 1 teaspoon sugar**
- **1 clove garlic, minced**
- **¼ cup extra-virgin olive oil**
- **1 carrot, peeled and julienned**
- **2 radishes, julienned**
- **1 mini cucumber, thinly sliced**
- **1 loaf soft French bread**
- **¼ cup mayonnaise**
- **1 jalapeño, thinly sliced**
- **½ cup packed fresh cilantro leaves or small sprigs**

1. Sprinkle eggplant slices generously with salt; arrange on a wire rack set over a baking sheet. Let stand 30 minutes, then pat dry with paper towels. In a bowl, stir together soy sauce, lime juice, 1 tablespoon vinegar, 1 tablespoon sugar, and garlic.

2. Preheat oven to 425°. Arrange eggplant in a single layer on a parchment-lined baking sheet. Brush both sides of eggplant with oil. Roast, flipping halfway, until golden brown and very tender, about 30 minutes. Brush both sides of eggplant with soy mixture; continue roasting until caramelized,

7 to 10 minutes more. Meanwhile, toss together carrot, radishes, cucumber, ½ teaspoon salt, and remaining 4 tablespoons vinegar and 1 teaspoon sugar.

3. Slice bread into quarters and halve lengthwise. Spread mayonnaise on cut sides and top with roasted eggplant, pickled vegetables, jalapeño, and cilantro. Serve immediately.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 35 MIN. | **SERVES:** 4

Cheese-Stuffed Portobello Burger

- **4 large portobello mushrooms (4-to-5-inch caps), stems removed**
- **3 tablespoons extra-virgin olive oil**
- **Kosher salt and freshly ground pepper**
- **6 ounces provolone, thinly sliced (about 8 slices)**
- **¼ cup unbleached all-purpose flour**
- **1 large egg, whisked**
- **1 cup panko**
- **Vegetable oil, for frying**
- **Garlic-Vinegar Mayonnaise (recipe follows)**
- **4 brioche buns, halved and toasted**
- **1 cup packed baby arugula**

1. Preheat oven to 425°. Line a baking sheet with parchment. Brush both sides of mushrooms with olive oil; season with salt and pepper. Arrange, gill-sides down, on sheet and roast, flipping once, until tender, 22 to 25 minutes. Let cool, then transfer to a cutting board, gill-sides down. Butterfly each by cutting horizontally through middle of cap, leaving one side intact. Open flaps and add cheese (if necessary, fold to fit.) Close flaps and gently press to seal with your palm.

2. Place flour, egg, and panko in separate shallow bowls. Dip each stuffed mushroom in flour, then egg, turning to coat and shaking off excess. Then dip in panko, pressing to adhere.

3. Heat ½ inch vegetable oil in a large straight-sided skillet (preferably cast iron) over medium until a panko crumb sizzles when tossed in. Working in two batches, cook mushrooms until golden and crisp, 2 to 3 minutes per side. Transfer to a wire rack set over a baking sheet; season with salt.

4. Spread mayonnaise on buns. Top with mushroom burgers and arugula. Serve immediately.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 1 HR. 5 MIN. | **SERVES:** 4

Garlic-Vinegar Mayonnaise

- **1 small clove garlic, chopped**
- **Kosher salt**
- **½ cup mayonnaise**
- **2 teaspoons sherry vinegar**

On a cutting board, sprinkle garlic with salt; use the flat side of a chef's knife to mash into a paste. Stir into mayonnaise; add vinegar. Mayonnaise can be refrigerated in an airtight container up to 3 days.

ACTIVE/TOTAL TIME: 5 MIN. | **MAKES:** ½ CUP

Vegetarian Bucatini Bolognese

This recipe yields about two cups of extra sauce, which can be allowed to cool completely and refrigerated in an airtight container for up to a week, or frozen for up to a month.

- **1½ pounds cremini mushrooms, cleaned and quartered**
- **1 can (28 ounces) whole peeled tomatoes**
- **2 tablespoons unsalted butter**
- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **1 medium onion, finely diced**
- **2 carrots, peeled and finely diced**
- **2 celery stalks, finely diced**
- **3 cloves garlic, minced**
- **Kosher salt and freshly ground pepper**
- **½ cup dry sherry or dry white wine**
- **1 rosemary sprig, roughly chopped**
- **1 pound bucatini or spaghetti**
- **2 ounces Parmigiano-Reggiano or pecorino, finely grated (½ cup), plus more for serving**

1. Working in batches, pulse mushrooms in a food processor until finely ground (you should have 6 cups). Transfer to a bowl. Add tomatoes and their juices to processor; pulse until chopped, then transfer to a liquid cup measure (you should have 3 cups).

2. Heat butter and oil in a large pot over medium. Add onion, carrots, celery, and garlic. Cook, stirring, until onion is tender, 6 to 8 minutes. Add mushrooms and season with salt; cook, stirring, until mushrooms have softened and released their liquid, 7 to 8 minutes. Add sherry and increase heat to medium-high; cook until liquid has evaporated, about 5 minutes more. Add tomatoes, 1 cup water, and rosemary. Season with pepper. Bring to a boil, then reduce heat and simmer, stirring occasionally, until thickened, 30 to 45 minutes. Season to taste.

3. Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook according to package directions until al dente. Reserve 1 cup pasta water, then drain. Return pasta to pot over medium heat and add 4 cups sauce, tossing to combine. Add cheese and drizzle with oil, then add reserved pasta water, ¼ cup at a time, until sauce has a silky consistency and evenly coats pasta. Remove from heat; serve with more cheese.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 1 HR. 30 MIN. | **SERVES:** 6 (6 CUPS SAUCE)

Cauliflower–Sweet Potato Curry

- **2 tablespoons extra-virgin olive oil**
- **1 medium onion, finely diced**
- **3 cloves garlic, minced**
- **2 tablespoons finely minced fresh ginger (from a 2-inch piece)**
- **Kosher salt**
- **2 tablespoons red curry paste, such as Maesri**
- **1 can (15 ounces) coconut milk**
- **½ head cauliflower, cut into 1-inch pieces (4 cups)**
- **1 medium sweet potato, peeled and cut into 1-inch pieces (2 cups)**
- **1 zucchini, halved lengthwise and cut into ¼-inch pieces (2 cups)**
- **1 cup frozen shelled edamame**
- **3 cups packed baby spinach**
- **¼ cup chopped fresh cilantro**
- **Cooked grains, such as quinoa, and halved limes, for serving**

Heat oil in a large pot over medium. Add onion, garlic, and ginger, season with salt, and cook, stirring occasionally, until onion is tender, 4 to 6 minutes. Add curry paste and cook, stirring, 2 minutes. Add coconut milk and 1 cup water, along with cauliflower and sweet potato. Bring to a boil, then reduce heat to medium-low and partially cover. Simmer until cauliflower is tender, about 15 minutes. Add zucchini and edamame; return to a simmer, then partially cover and cook until zucchini is tender, 4 to 5 minutes. Stir in spinach and cook, uncovered, until bright green and just wilted, 1 to 2 minutes. Season to taste. Serve over grains, with cilantro and a squeeze of lime.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 1 HR. **SERVES:** 4

FAB SLABS

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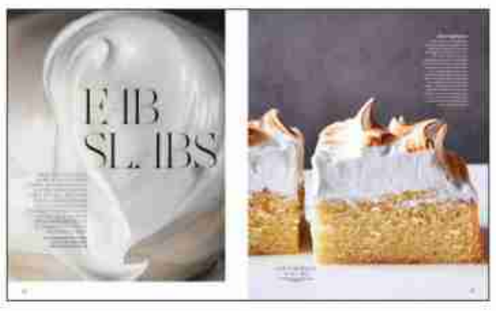


Lemon-Meringue Slab Cake

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅔ cups unbleached all-purpose flour**
- **2 teaspoons baking powder**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups sugar**
- **4 teaspoons finely grated lemon zest (from 2 lemons)**
- **2 teaspoons pure vanilla paste or extract**
- **¾ cup sour cream**

MERINGUE FROSTING

- **1⅓ cups sugar**
- **¼ teaspoon cream of tartar**
- **4 large egg whites, room temperature**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, baking powder, and salt. Combine eggs and sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter, lemon zest, and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift cake out of pan and let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Meringue Frosting: Place 1 cup sugar, 5 tablespoons water, and cream of tartar in a small saucepan over medium heat. Bring to a boil, then cook 4 minutes. Meanwhile, beat egg whites on high speed to soft peaks, 2 to 3 minutes. Gradually add remaining ⅓ cup sugar, beating until sugar has dissolved. (If ready before sugar syrup, keep whites moving on lowest speed.)

5. With mixer running, gradually pour hot syrup into meringue (aim for side of bowl, and avoid beater). Continue beating until cool to the touch and very fluffy, 4 to 5 minutes. Spread over top of cake. Lightly brown with a torch (or under broiler about 30 seconds). Frosted cake is best the day it's assembled.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. 15 MIN., PLUS COOLING | **SERVES:** 10 TO 12

Orange-and-Poppy-Seed Slab Cake

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅔ cups unbleached all-purpose flour**
- **2 teaspoons baking powder**
- **¾ teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups granulated sugar**
- **1 tablespoon finely grated orange zest**
- **2 tablespoons poppy seeds**
- **2 teaspoons pure vanilla paste or extract**
- **¾ cup sour cream, room temperature**

ICING

- **2 cups confectioners' sugar, sifted**
- **1 tablespoon unsalted butter, melted**
- **1 tablespoon fresh orange juice**
- **1 teaspoon poppy seeds**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, baking powder, and salt. Combine eggs and sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat to combine. Add butter, zest, poppy seeds, and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift cake out of pan and let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Icing: Whisk together confectioners' sugar, butter, and orange juice until smooth. Spread over cake. Sprinkle with poppy seeds. Let set at least 20 minutes before serving. Iced cake can be stored in an airtight container at room temperature up to 3 days.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 20 MIN., PLUS COOLING | **SERVES:** 10 TO 12

Chocolate–Peanut Butter Slab Cake

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅓ cups unbleached all-purpose flour**
- **½ cup Dutch-process cocoa powder, sifted**
- **2 teaspoons baking powder**
- **¾ teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups granulated sugar**
- **2 teaspoons pure vanilla paste or extract**
- **1 cup sour cream, room temperature**

FROSTING

- **1 stick unsalted butter, softened**
- **1 cup smooth peanut butter (not natural), such as Jif**
- **1½ cups confectioners' sugar**
- **¼ cup sour cream, room temperature**
- **⅓ cup chopped salted roasted peanuts**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, cocoa, baking powder, and salt. Combine eggs and granulated sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift cake out of pan and let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Frosting: Beat butter and peanut butter on medium-high speed until light and fluffy, about 2 minutes. Beat in confectioners' sugar until thick and fluffy. Remove from mixer; stir in sour cream by hand until frosting is silky and dense. Spread over cake; sprinkle top with peanuts. Frosted cake is best the day it's assembled,

but can be refrigerated, wrapped in plastic, up to 1 day. Return to room temperature before serving.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 10 MIN., PLUS COOLING | **SERVES:** 10 TO 12

Banana Slab Cake With Passion-Fruit Frosting

To get juice from fresh passion fruit, scoop out the pulp and press it through a fine-mesh sieve.

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅔ cups unbleached all-purpose flour**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups granulated sugar**
- **3 medium ripe bananas, well mashed (1 cup)**
- **½ teaspoon ground cinnamon**
- **2 teaspoons pure vanilla paste or extract**
- **¾ cup sour cream, room temperature**

FROSTING

- **1 pound cream cheese, room temperature**
- **4 tablespoons unsalted butter, softened**
- **1½ cups confectioners' sugar, sifted**
- **¼ cup fresh passion-fruit juice (from 4 to 5), plus pulp for serving**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, baking powder, baking soda, and salt. Combine eggs and granulated sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter, bananas, cinnamon, and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift cake out of pan and let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Frosting: Beat together cream cheese, butter, confectioners' sugar, and passion-fruit juice on medium-high speed until smooth and fluffy, about 5 minutes. Spread over top of cake; drizzle with passion-fruit pulp. Frosted cake is best the day it's assembled, but can be refrigerated, wrapped in plastic, up to 1 day. Return to room temperature before serving.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 10 MIN., PLUS COOLING | **SERVES:** 10 TO 12

Chocolate-Sprinkle Slab Cake

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅓ cups unbleached all-purpose flour**
- **½ cup Dutch-process cocoa powder, sifted**
- **2 teaspoons baking powder**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups granulated sugar**
- **2 teaspoons pure vanilla paste or extract**
- **1 cup sour cream, room temperature**

FROSTING

- **2 sticks unsalted butter, softened**
- **2 cups confectioners' sugar, sifted**
- **½ cup Dutch-process cocoa powder, sifted**
- **¼ cup whole milk, room temperature**
- **2 tablespoons chocolate sprinkles, for decorating**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, cocoa, baking powder, and salt. Combine eggs and granulated sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift out of pan and let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Frosting: Beat together butter, confectioners' sugar, cocoa, and milk on medium-high speed until light and fluffy, about 5 minutes. Spread over top of cake. Decorate with sprinkles. Frosted cake is best the day it's assembled, but can be refrigerated, wrapped in plastic, up to 1 day. Return to room temperature before serving.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 1 HR. 10 MIN., PLUS COOLING | **SERVES:** 10 TO 12

Cookies-and-Cream Slab Cake

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pans**
- **1⅔ cups unbleached all-purpose flour**
- **2 teaspoons baking powder**
- **¾ teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups sugar**
- **2 teaspoons pure vanilla paste or extract**
- **¾ cup sour cream, room temperature**
- **10 cream-filled chocolate cookies, such as Oreos, broken into bite-size pieces**

1. Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, baking powder, and salt. Combine eggs and sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Sprinkle with cookie pieces. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift out of pan and let cool completely on rack. Cake can be stored at room temperature, wrapped in plastic, up to 1 day.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR., PLUS COOLING | **SERVES:** 10 TO 12

Red-Velvet Slab Cake

CAKE

- **1 stick unsalted butter, melted and cooled, plus more, softened, for pan**
- **1⅓ cups unbleached all-purpose flour**
- **½ cup Dutch-process cocoa powder, sifted**
- **2 teaspoons baking powder**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **4 large eggs, room temperature**
- **1½ cups granulated sugar**
- **1 tablespoon red food coloring**
- **2 teaspoons pure vanilla paste or extract**
- **1 cup sour cream, room temperature**

FROSTING

- **1 pound cream cheese, room temperature**
- **1 stick unsalted butter, softened**
- **2 cups confectioners' sugar, sifted**
- **1 teaspoon pure vanilla extract or paste**

1. Cake: Preheat oven to 350°. Brush a 9-by-13-inch or 8-by-12-inch baking pan with butter. Line with parchment, leaving a 2-inch overhang on long sides. Butter parchment.

2. Whisk together flour, cocoa, baking powder, and salt. Combine eggs and granulated sugar in the bowl of a mixer fitted with the whisk attachment. Beat on high speed until thick and pale, about 4 minutes. Add flour mixture; beat just to combine. Add butter, food coloring, and vanilla; beat to combine. Add sour cream; beat until smooth.

3. Scrape batter into prepared pan, smoothing top with a spatula. Bake until top springs back when lightly touched and a tester inserted in center comes out clean, 30 to 35 minutes (for 9-by-13-inch) or about 40 minutes (for 8-by-12). Let cool in pan on a wire rack 10 minutes. Using parchment overhangs, lift out of pan; let cool completely on rack. (Cake can be made to this point and stored at room temperature, wrapped in plastic, up to 1 day.)

4. Frosting: Beat together cream cheese, butter, and confectioners' sugar on medium-high speed until smooth and fluffy, about 5 minutes. Beat in vanilla. Spread frosting over cake. Frosted cake is best the day it's assembled, but can be refrigerated, wrapped in plastic, up to 1 day. Return to room temperature before serving.

ACTIVE TIME: 35 MIN. | **TOTAL TIME:** 1 HR. 15 MIN., PLUS COOLING | **SERVES:** 10 TO 12

SAY IT WITH FLOWERS

PAGE 90

Sugared-Flower Doughnuts

These are best eaten the day they're made, but can be stored in airtight containers at room temperature for up to a day. The sugared flowers can be stored in single layers in an airtight container at room temperature for up to three months.

FLOWERS

- **1 large egg white**
- **Pesticide-free edible flowers, such as rose petals, violas, pansies, and princess flowers**
- **Superfine sugar, for sprinkling**

DOUGHNUTS

- **1 stick unsalted butter, softened, plus more for pans**
- **½ cup granulated sugar**
- **¼ cup packed light-brown sugar**
- **1½ teaspoons baking powder**
- **¼ teaspoon baking soda**
- **¾ teaspoon kosher salt (we use Diamond Crystal)**
- **2 large eggs, room temperature**
- **1 teaspoon finely grated orange zest**
- **½ teaspoon pure almond extract**
- **2½ cups unbleached all-purpose flour**
- **1 cup whole milk, room temperature**

GLAZE

- **1 pound confectioners' sugar (4 cups), sifted**
- **1 to 2 teaspoons orange-blossom water**

1. Flowers: Whisk egg white with 1 teaspoon water in a small bowl. Working with one flower at a time, holding it with tweezers or in your fingers and using a small paintbrush, brush egg wash over surface of petals. Sprinkle evenly with superfine sugar. Transfer to a wire rack set over a baking sheet, sugared-sides up. Let stand at room temperature 12 hours.

2. Doughnuts: Preheat oven to 425°. Lightly brush two standard 6-mold doughnut pans with butter. Beat butter with both sugars, baking powder, baking soda, and salt on medium-high speed until light and fluffy, about 3 minutes. Add eggs, orange zest, and almond extract; beat on medium speed to combine, scraping down sides of bowl as needed. Reduce speed to low; add flour in two batches, alternating with milk. Beat just until combined.

3. Transfer batter to a piping bag or resealable plastic bag with a ½-inch hole snipped in one corner. Pipe mixture into prepared pans, dividing evenly. Bang pans several times on counter to release air bubbles. Bake until doughnut tops spring back when lightly pressed, 12 to 14 minutes. Let cool 10 minutes, then transfer to a wire rack and let cool completely.

4. Glaze: In a bowl, whisk together confectioners' sugar, orange-blossom water, and ¼ cup water until glaze is thick and smooth and has the consistency of honey, adding more water as needed. Dip top of each doughnut in glaze (each should be halfway submerged), rotating to evenly coat. Transfer to wire rack, glaze-sides up. Top with sugared flowers while still wet; let dry completely.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 12 HR. 5 MIN., PLUS COOLING | **MAKES:** 12

HOW-TO, PAGE 90

Flower Soaks

SUPPLIES

Dried flowers
3 cups Epsom salt
1 cup pink Himalayan salt
½ cup baking soda
Pencil eraser
Glass vials with cork stoppers
Funnel
Rose essential oil
Labels (download at *marthastewart.com/flowersoaklabel*)
Sticker paper

1. Set aside several whole dried flowers to decorate vials, then combine salts, baking soda, and remaining flowers In a large bowl.

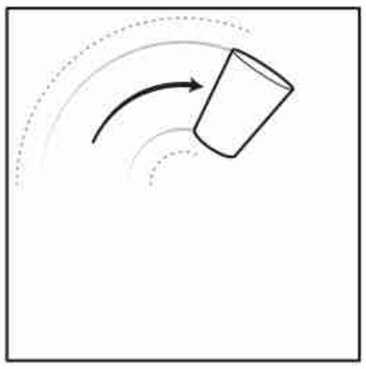
2. Using pencil eraser, slide a whole flower down the inside of a vial; add a few drops of water to "glue" it into place. Repeat to decorate vial with more flowers; then repeat with remaining vials.

3. Using funnel, fill vials with salt mixture. Add a few drops of essential oil to bottom of each cork; stop up bottles. (This will lightly scent the salts without clumping.)

4. Download and print labels on sticker paper; cut out. Place labels over corks to seal vials.

THE DETAILS: Epsoak Naturals Collection pure Epsom salt, *$7 for 2 lb., epsoak.com.* **San Francisco Salt Company Sherpa pink Himalayan salt,** *in Extra Fine, $4 for 1 lb., sfsalt.com.* **Essential Organics organic rose petals,** *from $4.50 for ⅛ lb; and* **organic calendula flower petals,** *from $4.25 for 2 oz., essentialorganicingredients.com.* **Hyper Boreal Herbs dried organic blue-cornflower petals,** *from $4 for 6 g, hyperboreal.etsy.com.* **Jarvials glass bottles with cork stoppers,** *110 ml, $25 for 12, amazon.com.*

The Workbook



HOW-TO, PAGE 93

Linen-Covered Pot

SUPPLIES

Linen fabric

Terra-cotta pot and saucer

Fabric scissors

Découpage glue, such as Mod Podge, and paintbrush

Plant and soil

1. On a work surface, lay fabric flat. Place pot on its side on top, and gently roll as shown above, tracing top edge as it rolls; repeat to trace bottom edge. (The arc it makes is the size of your pot.) Add 2½ inches to top and bottom edges of arc; cut out fabric.

2. Brush half of pot with glue, including inner rim and bottom. Press and smooth fabric onto sides and over rim and bottom to adhere. Brush remaining half of pot with glue; continue pressing and smoothing fabric to cover entirely, inner rim and bottom included, overlapping edges in back. Brush fabric with another generous layer or two of glue, making sure to cover exterior bottom and interior rim. (The more coats you add, the more water-resistant your finished pot will be.) Let dry completely.

3. To cover saucer with fabric (recommended only if keeping plant in original vessel; if repotting, do not cover), place it rim-side down on fabric. Trace and cut out a circle about 3 inches larger. Brush top, sides, and bottom edges of saucer with glue; smooth on fabric. Add another layer of glue over fabric; let dry completely. Place plant in pot.

HOW-TO, PAGE 93

Linen Bulb Bags

SUPPLIES

Linen fabric, roughly 14 by 16 inches

Fabric scissors

Clothing iron

Fusible web, such as Stitch Witchery

1. Measure and cut out a 12-by-11-inch fabric rectangle and a 3-by-16-inch fabric strip; set strip aside. Fold rectangle in half widthwise, right sides facing in; press seam with iron. Open fabric back up; apply fusible web all the way along back of top (12-inch) edge. Fold edge down over back; press with iron to adhere. Let cool slightly to set.

2. Fold fabric back in half widthwise, right sides facing in. Apply fusible web all along side and bottom seams; press with iron to adhere. Let cool slightly to set, then turn bag right-side out.

3. To make tie, fold fabric strip in half lengthwise, and apply fusible web along one inner side; press with iron to adhere. Fold again, so unfinished edge is near center of back side; apply fusible web all along one inner side, and press to adhere. Let cool slightly to set. Fill bag as desired; secure with tie.

THE DETAILS: Hokkoh Poppies linen, *in Orange and in Blue, $40 a yd., stonemountainfabric.com.*

Sources

OFFER A LIFT, PAGE 91

Zhuoyue Wood bamboo round tray with handles *(painted pink), $25;* **Martha Stewart Crafts multisurface satin acrylic craft paint,** *from $5 for 2 oz.; and* **BBTO real dried pressed flowers,** *$12 for 42, amazon.com.* **Dry pressed pansies and violas,** *$16 for 18, ranchatrockcreek.etsy.com.*

GOOD THINGS

PAGE 23

HOW-TO

Animal House

SUPPLIES

Scrapbook or wrapping paper

2 same-size shoeboxes or similar-size boxes

Spray adhesive, such as 3M Scotch Spray Mount Artist's

Craft knife

Hot-glue gun

Toothpicks

Waxed paper

Large piece of cardboard

Empty toilet-paper roll

Brown masking tape

Found objects, preserved moss, and animal figurines, for decorating

1. Cut scrapbook paper to size of interior box "walls" and "floors"; attach with adhesive. Mark "windows" on bottom of box; cut out with knife. Hot-glue crisscrossed toothpicks in place to create "panes"; hot-glue a square of waxed paper to box exterior for "glass." Stack boxes lengthwise; hot-glue together to create two stories.

2. Measure desired size of roof on cardboard; cut out, lightly score at center, and fold. Trace end of toilet-paper roll on roof where you want chimney; cut out circle. Tape roof onto upper shoebox. Measure and cut out a triangular piece of cardboard for attic back wall. Cut scrapbook paper to size; secure with adhesive. Tape back wall in place. Insert toilet-paper roll in roof hole; secure with hot glue.

3. Decorate rooms as desired (we used bottle caps; barbecue skewers; beads; wooden blocks, columns, spools, and slats; tongue depressors; LED candles; aluminum foil; and dollhouse baskets and music stands). Surround diorama with moss, and add animal figurines.

THE DETAILS: Recollections kraft memory boxes, *$6 each;* **Creatology wooden spools,** *from $3 for 12, and* **wooden slats,** *$3 for 6;* **Ashland LED tea light,** *$2.25; and* **ArtMinds Miniatures straw round basket,** *$3.75, michaels.com.* **Learning Resources geometric wooden shapes,** *$17 for 12, amazon.com.* **Schleich toy Arctic wolf,** *$7;* **white-tailed buck,** *$7;* **white-tailed doe,** *$6;* **white-tailed fawn,** *$4; and* **quokka,** *$4, schleich-s.com.* **Mojo snowy-owl toy,** *$7, amazon.com.* **Cardinal figurine,** *$2, becausemydreams.etsy.com.*

Sources

OPENING ACTS, PAGE 21

Recollections card-stock paper *(used for cards), 8.5" by 11", in Roses, $6 for 50 sheets, michaels.com.* ***You're the Cherry on Top:*** **Oh Happy Day honeycomb mini balls,** *2", in Red, $7 for 10, shop.ohhappyday.com.* **Creatology chenille pipe cleaners,** *in Kelly Green, $1 for 25; and* **Recollections card-stock paper,** *8.5" by 11", in Feathered Greens, $6 for 50 sheets, michaels.com.* **Sakura Gelly Roll Classic 08 pen,** *in White, $8.75 for 3, amazon.com.* ***Love Is in the Air:*** **Oh Happy Day honeycomb teardrop,** *5" tall, in Gold, $2.75, shop.ohhappyday.com.* **Everbilt #12 100-percent-cotton twine rope,** *in White, $3 for 420 ft., homedepot.com.* ***You're Really Growing on Me:*** **Oh Happy Day honeycomb mini ball,** *2", in Sunshine Yellow, $7 for 10, shop.ohhappyday.com.* **Recollections card-stock paper** *(used for petals), 8.5" by 11", in Roses, $6 for 50 sheets, michaels.com.* **Sharpie oil-based medium-point paint marker,** *in White, $5, michaels.com.* ***You're the Apple of My Eye:*** **Oh Happy Day honeycomb mini ball,** *2", in Black, $7 for 10, shop.ohhappyday.com.* **Just Artifacts tissue-paper honeycomb ball,** *4", in Red, 75¢, justartifacts.net.*

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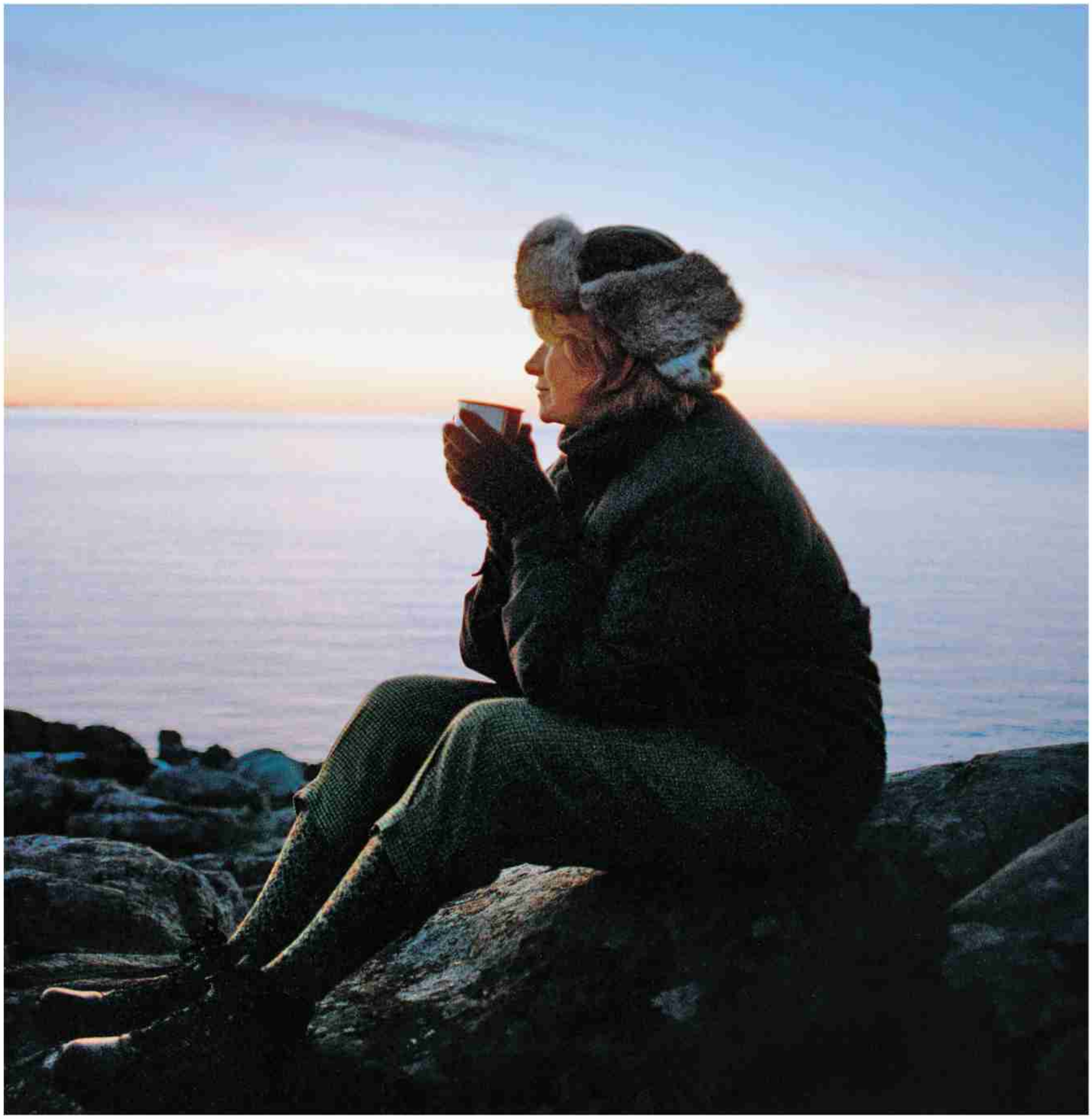

"I invited a group of friends to my house on Mount Desert Island, in Maine, to celebrate the fin de siècle. Some believe that the sun first touches the United States at the easternmost point of the island, so we hiked there before dawn on January 1, 2000, to catch the earliest rays of the morning and welcome the new century. What fun we had! I'll never forget it."

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